Gotta Move On

拍数: 32

级数: Improver

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音乐: Funkytown - Lipps, Inc.

HEEL, TOE, RIGHT SHUFFLE, ROCK RECOVER, SAILOR ¼ TURN TO LEFT

- 1-2 Touch right heel forward, touch right toe back
- 3&4 Step forward on right, step left next to right, step forward on right
- 5-6 Rock forward on left foot, recover weight on right foot
- 7&8 Cross left foot behind right while making ¼ turn left, step right to right side, step left to left side

RIGHT ROCK RECOVER, BEHIND, SIDE, CROSS, LARGE STEP LEFT, TOUCH RIGHT, HIP BUMPS (X3)

- 1-2 Rock right foot to right side, recover weight on left
- 3&4 Cross right foot behind left, step left foot to left side, cross right foot in front of left foot
- 5-6 Take a long step to the left, touch right toe next to left foot
- 7&8 Bump hips right, left, right (making sure weight ends up on the right foot)

LEFT JAZZ BOX, TOUCH, FLICK, CROSS SHUFFLE, ROCK RECOVER, TOUCH

- 1-2 Cross left foot in front of right foot, step back on right foot
- &3-4 Step left foot to left side, touch right toe next to right foot, flick right foot upwards and behind
- 5&6 Cross right foot in front of left foot, step left foot to left side, cross right foot in front of left foot
- 7&8 Rock left foot to left side, recover weight on right foot, touch left toe next to right foot

- 1-2 Point left toe to left side, make ¼ turn left
- 3-4 Keeping feet in same position bend knees as though sitting down, stand back up (putting weight forward onto left foot)
- 5-6 Rock forward on right foot, recover weight back on left foot
- 7-8 Walk back right, then left placing left foot next to right

REPEAT





墙数:2