

Move It

拍数: 32 墙数: 4 级数: Improver
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音乐: Move It Like This - Baha Men : (CD Single)



(1-8) SIDE, BEHIND, SIDE, CROSS, HOLD CLAP; STEP OUT-OUT, HOLD CLAP, STEP CENTER, TOUCH CLAP

- 1-2 Step right to right side, step left behind right
- &3-4 Step right to right side, cross left in front of right, hold (weight on left), clap
- &5-6 Step right out to right side, step left out to left side (feet apart, weight on left), hold and clap
- &7-8 Step right center, touch left next to right, hold and clap

(9-16) SIDE, BEHIND, SIDE, CROSS, HOLD CLAP; STEP OUT-OUT, HOLD CLAP, STEP CENTER, TOUCH CLAP

- 1-2 Step left to left side, step right behind left
- &3-4 Step left to left side, cross right in front of left, hold (weight on right), clap
- &5-6 Step left out to left side, step right out to right side (feet apart, weight on right), hold and clap
- &7-8 Step left center, touch right next to left, hold and clap

(17-24) STEP FORWARD, ½ TURN TOUCH, STEP, ½ TURN TOUCH, ¼ TURN LEFT, ¼ TURN LEFT

- 1-2 Step forward on right, turn ½ turn left as you lean RIGHT BACK, touch left forward (weight is on right)
- 3-4 Step down on left, turn ½ turn right as you lean LEFT BACK and touch right forward (weight is on left)
- 5-8 Step forward on right, turn ¼ left, step forward on right, turn ¼ turn left

(25-32) ROCK FORWARD, RECOVER, ROCK BACK, ¼ TURN JAZZ BOX CROSS

- 1-4 Rock forward onto right, recover on left, rock back onto right, recover on left (rocking horse or rocking chair)
- 5-8 Cross right over left, step LEFT BACK, turn ¼ turn right as you step right to right side, cross left over right

REPEAT
