Like Jagger (aka Moves Like Jagger!)

拍数: 32   墙数: 4   级数: Improver

编舞者: Earleen Wolford (USA) - January 2012

音乐: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5

Other music: 'In The Ayer' by Flo Rida, available on ITunes (no tag/no restart)
Pattern: 32's (10 times), 4 count tag: Press R ball of toe forward strike a hold/pose and restart from the top, 32's till end music! Honestly, it's such an EZ dance and so cool!!

R DIAGNOL STEP LOCK, R STEP LOCK & FLICK L, L DIAGNOL STEP LOCK, L STEP LOCK & FLICK

1,2	On a R diagonal, Step R forward (1), Step L behind R (2)
3&4&	On a R diagonal, Step R forward (3), Step L ball behind R (&), Step R forward (4), Flick L slightly next to R knee, at the Same time pivoting on R to a L diagonal, this gets you ready to do your L diagonal step locks
5,6	On a L diagonal, Step L forward (5), Step R behind L (6)
7&8&	On a L diagonal, Step L forward (7), Step R ball behind L (&), Step L forward (8), Flick R slightly next to L knee, at the same time pivoting on L to square off to the front/12:00 (L takes wt) (12:00)

STEP R TO R, TOUCH R, STEP L TO L, TOUCH/SLIDE L, BODY ROLL, TAP R,DIAGNOL R BACK,TOUCH,DIAGNOL L BACK, TOUCH

9&10&	Step R to R (9), Touch L next to R (&), Step L to L (10), Touch R next to L, at same time sliding the R toe
11,12	Body roll (11), Touch R next to L (12)
13,14	Step R back on a R diagonal (13), Touch L next to R (14)
15,16	Step R back on a L diagonal (15), Touch R next to L (16) (L takes wt) (12:00)

DIAGONAL STEP BACK R, DRAG L TOUCH, DIAGONAL STEP BACK L, DRAG R TOUCH, ¾ PADDLE TURNS L

17,18	On a R diagonal, big step R back, at the same time, lightly drag L toe (17), Touch L next to R (18)
19,20	On a L diagonal, big step L back, at the same time, lightly drag R toe (19), Touch R next to L (20) (12:00) (L take wt)

&21&22&23&24 4 Paddle turns Left, equaling a ¾ turn L, break down is:

Pivoting 1/4 turn on L, Bring R knee next to L knee (9:00) (&), Touch R toe out to R (9:00) (21),
Pivoting on L to 11:00, Bring R knee next to L knee (11:00) (&), Touch R toe out to R (11:00) (22),
Pivoting on L to 1:00, Bring R knee next to L knee (1:00) (&), Touch R toe out to R (1:00) (23),
Pivoting on L to 3:00, Bring R knee next to L knee (3:00) (&), Touch R to out to R (3:00) (L take wt) (3:00)
Note: The paddle turns don't have to be right on the exact times, I just wanted to give you a basic break down on
doing 4 paddle turns equaling a ¾ L turn.

'C-BUMPS' W/R TOE HEEL SWIVELS&UP/ARM MOTIONS, SHOULDER BUMPS R/L W/R TOE PRESS, SHIMMY & FLICK

25-28	Lightly, while pressing R Toe on slight R diagonal, "C-Bumps" - 25) Bump Right hip up and to the right, &) return to center 26) Bump Right hip down and to the right; 27&28) Repeat 25&26.

OPTIONAL ARM/HAND TOE HEEL SWIVELS MOTIONS: Think "Disco Era" – Rotating from elbow with Right hand in a fist, Right Arm will mimic hip motion in the shape of a "C" along with the Right Toe and Heel swiveling in, out, in, out.
On counts 25,26,27,28 Right arm will go up on 25, down on 26, up on 27 and down on 28, at same time with the Right Toe and Heel swiveling in, out, in, out.

29-31&	With weight on L and R toe still slightly out to R, Shimmy your shoulders for 3,& counts (29, 30, 31 &)

| 32 | Flick R Foot back, at the same time pushing your weight to your L foot to get ready & begin the dance again (3:00) |

Optional: if you don't want to shimmy & flick, you can shake shoulders 4 times, leaving weight on L to get ready and Start the dance from the top

Tag-4 counts: at the end of the 10th wall, you'll be facing the back wall/6:00 wall when this happens, tag is: you press R toe on slight diagonal to R, at the same time with a hold/pose for 4 counts, get ready to start the dance from the top!

Begin again!

Enjoy my dance & just have FUN doing it to this great song with Maroon 5 and all the other mentioned great artist too! "GottaDance"!! And please feel free to use any other music to do my dance, country or non country will work!