Move Your Thang



墙数: 2 拍数: 64 级数: Advanced 编舞者: Jacob Ballard (USA) & Tajali Hall (CAN) - September 2012

音乐: Go to Work (feat. The Pimps of Joytime) - J Boogie's Dubtronic Science:

(iTunes)



48 count intro

Note: The song is close to 5 minutes long, so we suggest fading it out around 4:00.

FULL MONTEREY TURN, SYNCOPATED ROCK/RECOVER CROSS, ROCK, RECOVER, BEHIND SIDE **CROSS**

1-2	Touch right toe to right side, full turn over right shoulder on ball of left stepping right next to left (12:00)
3&4	Rock left to left side, recover weight to right, cross left over right
5-6	Rock right to right side, recover weight to left
7&8	Step right behind left, step left to left side, cross right over left

BALL STEP, CROSS, ¼ TURN, ¼ TURN, HIP BUMP, ¼ TURN, ¼ TURN SYNCOPATED PIVOT, CROSS

&1	Small step to left side with left foot, step right next to left opening slightly to right diagonal
2-3	Cross left over right (body still open towards right diagonal), $\frac{1}{4}$ turn right stepping forward on right (3:00)
4	1/4 turn right stepping left to left side (6:00) so weight is even and feet are slightly apart
&5	Quick hip bumps right, left
6	1/4 turn right stepping forward on right (9:00)
7&8	Step forward on left, ¼ turn pivot right, cross left over right (12:00)

1/ TURN 1/ TURN OUT OUT HIP ROLLS v2 KICK BALL STEP

74 TORN, 74 TORN, OUT, OUT, THE ROLLS X2, RIOR BALL STEF	
1-2	1/4 turn left stepping back on right (9:00), 1/4 turn left closing left in next to right (6:00)
3-4	Step right to right side, step left to left side so feet are slightly less than shoulder-width apart
5-6	Roll hips counter-clockwise twice
7&8	Small kick forward with right, step right next to left, step left forward

FORWARD STEP STEP WITH 1/8 TURN SAILOR STEP x2 1/4 TURN HEEL SWIVELS

TORWARD STEE, STEE WITH 1/6 TORIN, SAILOR STEE AZ, /2 TORIN TIELE SWIVELS	
1-2	Step forward on right, step forward on left angling 1/8 turn to right diagonal (7:30)
3&4	Cross right behind left, step left next to right, step right to right side (still facing right diagonal)
5&6	Cross left behind right, step right next to left, step left forward squaring up to 6:00
7&8	$\frac{1}{4}$ turn right swiveling heels left (9:00), swivel heels to center, $\frac{1}{4}$ turn right swiveling heels left and ending with weight back on left foot (12:00)

RIGHT COASTER, WALK FORWARD x2, KICK, SIDE POINTS x3

1&2 Step back on right, step left next to right, step forward on right	
3-4 Walk forward left, walk forward right	
5&6 Small kick forward with left foot, step left next to right, point right to right side	
&7&8 Step right next to left, point left to left side, step left next to right, point right to right	nt side

WALK, WALK, ANCHOR STEP, ½ TURN, ¼ TURN, BEHIND SIDE CROSS

1-2	Walk forward right, walk forward left
3&4	Step right behind left, step left in place, step right in place
5-6	½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)
7&8	Step left behind right, step right to right side, cross left over right

SIDE ROCK, RECOVER, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN TOUCH, BIG STEP, DRAG, BALL STEP

Rock right to right side, recover weight to left 1-2

3&4	Cross shuffle to left (Cross right over left, step left to left side, cross right over left)
5&6	$\frac{1}{4}$ turn right stepping back on left (6:00), $\frac{1}{4}$ turn right touching right next to left (9:00), big step with right to right side
7	Drag left next to right
&8	Step left next to right, cross right over left

1/4 TURN, 1/2 TURN, COASTER STEP, STEP FORWARD, 1/2 TURN POINT, CROSS SIDE CROSS

1.2	1/ turn left atanning forward on left (6:00) 1/ turn left atanning book on right (12:00	١١
1-2	¼ turn left stepping forward on left (6:00), ½ turn left stepping back on right (12:00	"

3&4 Step back on left, step left next to right, step forward on left

5-6 Step forward on right, ½ turn right on ball of right foot pointing left to left side

7&8 Cross left over right, step right to right side, cross left over right

START AGAIN!

Tag: Happens at the end of walls 1 and 4; both times you'll start and end the tag at 6:00. STEP, DRAG, BALL CROSS, ¼ TURN, 3/8 TURN, STEP FORWARD, ½ CHASE TURN, STEP FORWARD

	1-2	Large step with right to right side, drag left next to right
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&3 Step left next to right, cross right over left

4&5 ½ turn right stepping back on left, 3/8 turn right to right diagonal stepping forward on right,

step forward on left

Step forward on right, pivot ½ turn left (to diagonal), step forward on right

8 Step forward on left (still facing diagonal)

STEP FORWARD, 7/8 SPIRAL TURN, STEP FORWARD, SYNCOPATED ROCK/RECOVER, ¼ TURN, ½ TURN ROCK, RECOVER, CROSS

1 Step forward on right prepping for turn over left shoulder

2-3 Turn 7/8 left on ball of right foot lifting left foot to right knee (like a figure "4") squaring up to

side wall, step forward on left

Rock forward on right, recover weight to left, ½ turn right stepping forward on right 6-7-8

Rock forward on right, recover weight to left, ½ turn right rocking left to left side, recover weight to right, cross left over right

Restart #1: After first 16 counts of wall 3. You'll be facing 12:00 when it happens and start the dance again at wall 4

Restart #2:After first 16 counts of wall 6. You'll be facing 12:00 when it happens and start the dance again at wall 7

Contacts:-

Jacob Ballard (USA): jacobballard92@yahoo.com

Tajali Hall (Canada): soaringwithoutwings@hotmail.com