Lips are Moving (Easy)

拍數: 32

級數: Upper Beginner

編舞者: Lu Olsen (AUS) - November 2014

音樂: Lips Are Movin - Meghan Trainor : (iTunes)



牆數:4





Start dance on Main Vocals - Ver 1.00 - No Tags No Restarts. - Direction: Anti -Clockwise

[1 – 8] CR Heel strut, Rock L, Replace, L Heel strut, Rock R, Replace

- R Heel fwd, Drop R Toe, Rock L to Left, Replace weight to R 1, 2, 3,4
- 5, 6, 7, 8 L Heel fwd, Drop L Toe, Rock R to Right, Replace weight to L [12.00]

[9 – 16] EFwd, Replace, Back, Cross, Back, ¼ fwd, Fwd, Fwd

- (Travelling back) Rock R fwd, Replace weight onto L, Step R back, Cross L over R 1, 2, 3, 4,
- 5, 6, 7, 8 Step R back, ¼ Left turn & step L slightly fwd, Step R fwd, Step L fwd [9.00]

[17 – 24] Step Fwd at Diag, Touch toe behind, Back, Kick at Diag, Behind, Side, Cross, Touch toe behind

- 1, 2, 3, 4, Step R fwd at R 45, Touch L toe behind R, Step L back, Kick R fwd at R 45
- 5, 6, 7, 8, Step R behind L, Step L to Left, Cross R over L, Touch L toe behind R, [9.00]

[25 – 32] Back, ¼ R fwd, Fwd, Hitch fwd, Back, ¼ L fwd, Prissy fwd, Prissy fwd

- Step L back, ¼ Right turn & Step R fwd, Step L fwd, Hitch R knee fwd, [12.00] 1, 2, 3, 4,
- Step R back, ¼ Left turn & Step L fwd, □ [9.00] 5, 6,
- Slightly fwd cross R over L, Slightly fwd cross L over R (option walk fwd R, L) 7, 8,

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