

Shake and Move

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Move it (edited) - Cynthia Lamusu



Sequences : A , A , B ,tag 16 count, A ,A (16 count) ,B , B, A, A, B, B
Intro : 4 x 8 (Start on vocal)
#1 Tag after 3rd repetition

A: 32c

Section 1 Rock Recover , Step lock step, Pivot , Forward, 1/4 turn Right , 1/4 Turn Left

1 - 2 Rock R forward , Recover on L
3 & 4 Step R forward , Lock L behind , Step R forward
5 - 6 Step L forward , 1/2 Turn to R (BW on R)
& 7- 8 Step L forward, 1/4 Turn R cross R over (with Bend Knees) , 1/4 Turn L step L forward

Section 2 : Rock Recover , step lock step , pivot , 1/4 Turn Left, Drag

1 - 2 Rock R forward, Recover on L
3 & 4 Step R forward , Lock L behind , Step R Forward
5 - 6 step L forward, 1/2 turn to R (bw on R)
7 - 8 1/4 turn R Step L side , Drag R in

Section 3 : Cross ,Touch, Behind ,Side, Cross, Rock ,Recover ,Back, Touch

1 - 2 Cross R over , Touch L side
3 & 4 Step L behind , Step R side , Cross L over (body angle 4:30)
5 - 6 Rock R forward, Recover On L
7 - 8 Step R back , Touch L toe side

Section 4 : Touch ,Touch , Botafogo, Jazz Box turn

1 - 2 Touch L toe forward, Touch L toe Side
3 & 4 Cross L over , 1/8 Turn Left, Rock R side , Recover on L
5 - 6 Cross R over , 1/4 Turn R step L back
7 - 8 Step R side , Step L forward

B: 32c

Section 1 : Forward Charleston, Rock ,Recover, Step lock step

1 - 2 Step R forward, Touch L forward
3 - 4 Step L back, Touch R back
5 - 6 Rock R forward with body roll, Recover on L
7 & 8 Step R forward , Lock L behind ,Step R forward

Section 2 : Rock ,Recover, Step lock step, walk, walk Rock ,Recover.

1 - 2 Rock L forward ,Recover on R
3 & 4 Step L back , Lock R over , Step L back
5 - 6 Rock R back , Recover on L
7 - 8 Step R forward, step L forward

Section 3 : Kick ball touch RL, Jazz Box turn

1 & 2 Kick R forward , Step R ball next to L , Touch L side
3 & 4 Kick L fwd ,Step L ball next to R , Touch R side
5 - 6 Cross R over , 1/4 Turn right step L back
7 - 8 Step R side , Step L fwd

Section 4 : Dorothy RL ,Rock , Recover, Back ,Together.

- 1 2& Step R diagonally forward , lock L behind ,Step R diagonally forward
3 -4 & Step L diagonally forward , Lock R behind ,Step L diagonally Forward
5 -6 Rock R forward, Recover on L
7 - 8 & Step R back with drag in L Heel, Close L together

Tag : 2 x 8 :

Step Fwd Kick, Step Back Touch

- 1 - 4 Step R fwd , Step L Fwd , Step R Fwd , L kick
5 - 8 Step L back, Step R back , Step L back , RF touch beside L

Grape Vine , Rolling Vine

- 1 - 4 Step R side ,Step L behind, Step R side, Touch L next to R
5 - 8 1/4 Turn L BW on L, 1/2 Turn L step R back, 1/4 Turn L Step L side

Last Update - 15 Mar 2022 r3
