

Move It Like This

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Move It Like This - Baha Men



WALK FORWARD, SYNCOPATED TURNING ROCK-RECOVER

- 1 Right - step forward
- 2 Left - step forward
- 3 Right - step (rock) forward slightly bending knees, while lifting left foot off floor
- & Left - turning ½ turn right, lower foot back to floor (recover)
- 4 Right - step together
- 5 Left - step forward
- 6 Right - step forward
- & Left - step (rock) forward slightly bending knees, while lifting right foot off floor
- 7 Right - turning ½ turn left, lower foot back to floor (recover)
- 8 Left - step together

½ PIVOT TURN (LEFT), CROSS ROCK-RECOVER, COASTER STEP, CROSS ROCK-RECOVER

- 9 Right - step forward
- 10 On (balls of) both feet, pivot ½ turn left
- 11 Right - step (rock) in front of left foot, while slightly lifting left foot off floor
- 12 Left - lower foot back to floor (recover)
- 13 Right - step backward on (ball of) foot
- & Left - step together on (ball of) foot
- 14 Right - step forward
- 15 Left - step (rock) in front of right foot, while slightly lifting right foot off floor
- 16 Right - lower foot back to floor (recover)

¼ TRIPLE TURN (LEFT), SYNCOPATED JUMPS (FORWARD AND BACKWARDS) ½ PIVOT TURN (LEFT)

- 17&18 Triple ¼ turn left and step (left-right-left)
- &19 Jump forward landing right foot then left (in a touch)
- 20 Snap fingers up
- &21 Jump backwards landing left foot then right foot (in a touch)
- 22 Snap fingers up
- 23 Right - step slightly forward
- 24 On (balls of) both feet, pivot ½ turn left

SYNCOPATED JUMPS FORWARD WITH HIP BUMPS, ½ PIVOT TURN (LEFT), KICK-BALL CHANGE

- &25 Jump forward landing right foot then left together
- 26 Bump left hip left (weight on left foot)
- &27 Jump forward landing right foot then left together
- 28 Bump left hip left (weight on left foot)
- 29 Right - step forward
- 30 On (balls of) both feet, pivot ½ turn left
- 31 Right - kick forward
- & Right - land on (ball of) foot, while slightly lifting left foot off floor
- 32 Left - lower foot back to floor

Option for counts 31&32:

- 31 Right - step (rock) forward, while slightly lifting left foot off floor
- & Left - lower foot back to floor (recover)
- 32 Right - touch together

REPEAT
