

# The Way She Moves

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**Count:** 64      **Wall:** 2      **Level:** Phrased Advanced

**Choreographer:** Gemma Ridyard – June 2018

**Music:** Lie To Me – Mikolas Josef

**Sequence - A, B, A, C, A, B, A, C, A\*, A, C, C.....**

**Part A: 32 counts**

**A1: R Kick Cross, L Side Rock, L Kick Cross, R Side Rock, R Jazz box ½ R, 2X Hop**

- 1&2&** Kick RF forward, Cross Over LF, Rock LF to L, replace weight to RF
- 3&4&** Kick LF forward, Cross Over RF, Rock RF to R, replace weight to LF
- 5 6 7** Cross LF over, make a ¼ turn R stepping RF back, make a ¼ turn R step RF to side
- &8** Close LF to RF as you do 2x small jumps travelling R \*option close LF to RF\* Lift R to head height to hand pumps (6.00)

**A2: Step L, R heel to, Step R L heel toe, Kick L, Kick R, ball step, ball step**

- 1&2** Step LF to L Diagonal, R heel twists in, R toe twists in
- 3&4** Step RF to R Diagonal, L heel twists in, L toe twists in (weight on R)
- 5&6** Kick L forward, close L to R, Kick R forward
- &7&8** Step R small step back, replace weight to L, replace weight to R, replace weight to L (6.00)

**\*Restart here\***

**A3: Out Out, ¼ L back back, Out Out, ¼ L back back, Press R forward, Press L forward**

- &1&2** Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back
- &3&4** Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back

**(\*Shake hands high and then low\*)**

- 5 6** Press ball of R forward angle upper body to L, close R to L return body to centre
- 7 8** Press ball of L forward angle upper body to R, close L to R return body to centre (12.00)

**A4: Kick close knees out in, kick close knees out in, Jazz box ½ R**

- 1&2&** Kick R forward, close R to L, take knees out, close knees (weight on R)

- 3&4&** Kick L forward, close L to R, take knees out, close knees (weight on L)
- 5678** Cross R over, make a  $\frac{1}{4}$  turn R stepping L back, make a  $\frac{1}{4}$  turn R step R to side, touch L to R (6.00)

### **Part B (16 counts)**

#### **B1: Step L forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle $\frac{1}{2}$ L**

- 1&2** Step L forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)
- 3&4** Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)
- 5 6 7 8** Paddle  $\frac{1}{2}$  turn L touching R toe to R, finish with R toe touched to L (8) (12.00)

#### **B2: Step R forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle $\frac{1}{2}$ R**

- 1&2** Step R forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)
- 3&4** Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)
- 5 6 7 8** Paddle  $\frac{1}{2}$  turn R touching L toe to L, finish with L closed next to R (8) (6.00)

### **Part C (16 counts)**

#### **C1: R Charleston step, Charleston Kick R $\frac{1}{2}$ turn, Charleston Kick L $\frac{1}{2}$ turn**

- 1234** Touch R forward, step R back, touch L back, step L forward
- 5&6&** Make a  $\frac{1}{4}$  turn L Kick R forward (5) bend R knee bring R into L knee (&) Make a  $\frac{1}{4}$  turn L Kick R Back (6) close R to L (&) (6.00)
- 7&8** Make a  $\frac{1}{4}$  turn L Kick L Back (7) bend L knee bring L into R knee (&) Make a  $\frac{1}{4}$  turn L Kick L forward (8) (12.00)

**\*option to not turn the kicks\***

**C2: &Cross Unwind  $\frac{3}{4}$  L, travelling forward ball step ball step,  $\frac{1}{4}$  R pivot  $\frac{1}{2}$  R, close L to R**

**&1 2** Step L down (&) Cross R over L, unwind a  $\frac{3}{4}$  turn R weight on R (3.00)

**&3&4** Step L to L, cross R over L, step L to L, cross R over L, (Wax on Wax off hands )

**5 6 7 8** Make a  $\frac{1}{4}$  turn L step L forward reaching R arm forward at shoulder height (5) slow pivot  $\frac{1}{2}$  turn L drawing R arm in towards the body (67) close L to R (6.00)

**Restart: \*The 5th time you start A you dance the 1st 16 counts and the Restart A from the beginning\***

**Happy Dancing! - Love Gem XOXO**

**Contact - Email; Gem@gemridyard.com**