

Shifting Gear

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Stephen Sunter (UK) Aug 2011

Music: Moves Like Jagger – Maroon 5. CD single. (128bpm)

Intro: 32 counts

Rock, Recover, Coaster, Step, Lock, Step, Lock Step

- 1-2** Rock forward right (1) Replace weight to left (2)
- 3&4** Step Back right (3) Step left next to right (&) Step forward right (4)
- 5-6** Step forward left (5) Lock right behind left (6)
- 7&8** Step forward left (7) Lock right behind left (&) Step forward left (8)

Rock, Recover, ½ Turn Shuffle, Step, ¼ Right, Cross, Touch

- 1-2** Rock forward right (1) Replace weight to left (2)
- 3&4** Make half turn right stepping forward right (3) Step left next to right (&) Step forward right (4)
- 5-6** Step forward left (5) Make ¼ turn right (6)
- 7-8** Cross step left over right (7) Touch right next to left (8)

Knee Roll, Knee Roll, Heel Twists, (Repeat)

- 1-2** Step right to side rolling knee right (1) Roll left knee left (2)
- 3&4** Twist heels left (3) Centre (&) Left bringing right next to left (4)
- 5-6** Step right to side rolling knee right (5) Roll left knee left (6)
- 7-8** Twist heels left (7) Centre (&) Left making ¼ turn right (8)

Coaster, Step, ¾ Turn, Point Right, Point Left, Point Right, Drag

- 1&2** Step Back right (1) Step left next to right (&) Step forward right (2)
- 3-4** Step forward left (3) Make ¾ turn right on ball of left foot (4)
- 5&6** Point right out to right (5) Step right next to left (&) Point left out to left side (6)
- &7** Step left next to right (&) Point right out to right (7)
- 8** Drag right foot in finishing with toe touching next to left foot (8)

Tag: Four count tag at the end of the 10 wall... (Facing 6 o'clock)

1-2-3-4 Rock Forward right (1) Recover (2) Rock back right (3) Recover (4)

Begin Again!!!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=84077