

# MOVE ME

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**Count:** —                      **Wall:** —                      **Level:** Intermediate

**Choreographer:** Kathy Brown

**Music:** The Way You Move by Outkast

**Sequence:** AA, BB, AA, BB, BB, BB, BB

**Central Florida Dance Stampede - 1st place winner - int/adv - phrased**

## PART A

### FUNKY WALKS FORWARD AND BACK, RIGHT $\frac{1}{4}$ TURN JAZZ

- 1-2**            Step forward right (rolling knee and hip left to right, step forward left (rolling knee and hip right to left)
- 3-4**            Step back right (rolling hip right), step back left (rolling hip left)
- 5-6**            Cross right over left, step left back  $\frac{1}{4}$  turn right
- 7-8**            Step right to side, step left next to right

### FUNKY WALKS FORWARD AND BACK, RIGHT $\frac{1}{4}$ TURN JAZZ

- 9-16**            Repeat 1-8

### RIGHT MONTEREY TURN, SIDE ROCK CROSS, STRUTS WITH SHIMMIES

- 1-2**            Point right to side, bring right next to left and with weight on left, turn  $\frac{1}{2}$  right, step down on right
- 3&4**            Rock left to side, return right, cross left over right
- 5&6**            Step ball of right to side and lift right shoulder up, lift left shoulder up, lift right shoulder up and step down on right heel
- 7&8**            Cross ball of left over right and lift left shoulder up, lift right shoulder up, lift left shoulder up and step down on left heel

### ROCK RETURN, WEAVE LEFT, HEEL BOUNCE $\frac{1}{2}$ LEFT

- 1-2**            Rock right to side, return left
- 3&4**            Step right behind left, step left to side, cross right over left
- 5-6**            Raise up on balls of both feet and bounce  $\frac{1}{4}$  turn left
- 7-8**            Raise up on balls of both feet and bounce  $\frac{1}{4}$  turn left (weight ends on left)

## **PART B**

### **SIDE ROCK RETURN, LEFT TRIPLE $\frac{1}{4}$ TURN, PIVOT $\frac{1}{4}$ LEFT, LEFT SAILOR**

- 1-2** Step right to side, rock left forward
- 3** Return right
- 4&5** Step left to side, step right next to left, step left  $\frac{1}{4}$  turn left
- 6** Turning  $\frac{1}{4}$  left, step right to side
- 7&8** Step left behind right, step right to side, step left to side

### **STEP BEHIND, STEP $\frac{1}{4}$ LEFT, LEFT $\frac{3}{4}$ TRIPLE, STEP BEHIND, STEP, CROSS TRIPLE**

- 1-2** Step right behind left, step left  $\frac{1}{4}$  left
- 3&4** Step right forward pivot  $\frac{1}{2}$  left, step left forward, pivot  $\frac{1}{4}$  left stepping right to side
- 5-6** Step left behind right, step right to side
- 7&8** Cross left over right, step right to side, cross left over right

### **TOUCH HITCH TURN, MAMBO BACK, HIP BUMPS LEFT AND RIGHT**

- 1-2** Touch right to side, pivoting  $\frac{1}{4}$  right, hitch right foot against left calf
- 3&4** Rock right back, return left, step right next to left
- 5&6** Step left slightly forward, bumping hips forward, back, forward
- 7&8** Step right slightly forward, bumping hips forward, back forward

### **ROCK RETURN, TOUCH PIVOT $\frac{1}{2}$ TURN, RIGHT TRIPLE, STEP, TOUCH**

- 1-2** Rock forward left, return right
- 3-4** Touch left toe back, pivot  $\frac{1}{2}$  left
- 5&6** Right triple forward
- 7-8** Step left (large) to side, touch right toe next to left