

# Built To Move

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** Phrased Low Intermediate

**Choreographer:** Betty Moses & Jamie Marshall (April 2014)

**Music:** Built To Move (Sassy Girl's Anthem) by Cowboy Troy

**Intro: 32 counts - Phrasing: A,B,B,A,B,B,A- (first 16),B TO END**

**(B IS THE CHORUS/INSTRUMENTAL PARTS)**

**PART A (VERSE)**

**[1-8] CROSS TOE STRUT, BACK TOE STRUT, SWAY/SWAY, TRIPLE R**

- 1-2 Touch R toe over L, Drop R heel down
- 3-4 Touch L toe back, Drop L heel down
- 5-6 Step R to side swaying hips R, Sway hips L
- 7&8 Triple to the R (12:00)

**[9-16] CROSS, ¼ L, BACK TRIPLE 1/2 L ROCK, RECOVER, WALK, WALK**

- 1-2 Cross L over R, Turn ¼ L, stepping R back (9:00)
- 3&4 Triple half turn L stepping L,R,L (6:00)
- 5-6 Rock R back, Recover onto L
- 7-8 Walk forward R,L (with attitude)

**[17-24] ¼ Monterey Turn R, ¼ turn HEEL GRIND R, R COASTER**

- 1-2 Point R to R, Turn ¼ R stepping R next to L (9:00)
- 3-4 Point L to L, Step L next to R

**5,6R heel grind turning ¼ R (12:00)**

- 7&8 Step R back, Step L next to R, Step R forward

**[25-32] JAZZ BOX, JAZZ TRIANGLE**

- 1-4 Cross L over R, Step back R, Step L to L, Brush R forward
- 5-8 Step R over L, Turn 1/8 L, stepping back on L, Step R to R, Step L next to R

**PART B (CHORUS/INSTRUMENTAL)**

### **[1-8] HIP BUMPS, COUNTER-CLOCKWISE HIP ROLL**

- 1-2** Step R to R as bump hips to R (2x)
- 3-4** Bump hips to R (2x)
- 5-8** Counter- clockwise hip rolls (2x)

### **[9-16] ¼ PIVOT STEPS WITH HIP ROLLS (2x), Cross Rock/Recover, Side Rock/Recover**

- 1-4** Step R to R, Pivot ¼ R, rolling hips counter-clockwise (2x) 6:00
- 5-6** Rock R over L, Recover on L
- 7-8** Rock R to side pushing hip out, Recover on L

### **[17-24] Cross Back TRIPLE R, Jazz Box ¼ L, Brush**

- 1-2** Cross R over L, Step back on L
- 3&4** Triple to the R
- 5-8** Cross L over R, Step back on R turning ¼ L, Step L to side, Brush R forward (3:00)

### **[25-32] STEP, HOLD W/ SNAP, PIVOT ½, HOLD (2X)**

- 1-2** Step R forward, Hold w/ Snap
- 3-4** Pivot ½ L, Stepping L in place
- 5-6** Step R forward, Hold w/ Snap
- 7-8** Pivot ½ L, Stepping L in place

**B MOSES: [dorbmoses@msn.com](mailto:dorbmoses@msn.com) - [www.love2linedance.com](http://www.love2linedance.com)**

**J MARSHALL: [thejamiemarshall@att.net](mailto:thejamiemarshall@att.net) - [www.ftwaynedanceforall.com](http://www.ftwaynedanceforall.com)**

**Last Update - 19th June 2014**