

MOVE IT LIKE THIS

Choreographers: Milo & Grace Ferry, 629 Arnold Lane, Colo. Springs, Co 80904 Milograce@aol.com 719-475-1553
Rhythm: Cha Cha Cha Phase IV + 2 Stop & Go Hockey Stick, Double Cubans
Music: Ballroom Dancers.com, Latin Music 5, Baha Men Track 2, Shortened at end Also Slowed
Sequence Intro, A, B, A, C, A, C mod, A, END September 2013

INTRO

1-4 WAIT; WAIT; FULL BASIC;;

{WAIT} WAIT 2 MEASURES BOTH FACING WALL (LADY ON MAN'S LEFT), BOTH LEFT FOOT FREE

1,2,3&4; {FULL BASIC} FWD L, REC R, SD L/CL R, SD L; BK R, REC L, SD R/CL L, SD R;

A

1-8 SIDE DRAW LEFT (WITH SHOULDER SHAKE) TOUCH; SHAKE IT; SIDE DRAW RIGHT TOUCH; SHAKE IT; SIDE CLOSE TURN TO FACE CENTER TOUCH: HIP BUMP 3 TO FACE REVERSE; ROCK BACK RECOVER TO THREE FORWARD CHA'S;;

1,2,3; {SIDE DRAW LEFT (WITH SHOULDER SHAKE)} SD L TOWARD LN DRAWING R FOOT TO L ON COUNT 2 & 3

1,2,3; TOUCHING R TO L; SHAKE YOUR HIPS

1,2,3; {SIDE DRAW RIGHT TOUCH(WITH SHOULDER SHAKE)} TO REV LINE SIDE DRAW L TO R WITH A TOUCH 1,2,3; AND SHAKE YOUR HIPS

1,2,3; {SIDE CLOSE TURN} SD L TO LINE, CL R, SD L TURNING ON BALL OF FOOT TO FACE CENTER 7 TOUCH R TO L

1,2,3; {HIP BUMP THREE TO FACE REVERSE} WITH R FOOT LIFT KNEE AND EXTEND FOOT TO LINE, TO DLCAND TO CENTER ALSO EXTENDING HIP IN THOSE DIRECTIONS;

1,2,3&4; {ROCK BACK, RECOVER TO THREE FORWARD CHAS} BOTH WITH R FOOT FREE RK, BACK RECOVER L,

5&6 FWD R/LOCKING L IN BACK OF R, FWD L, FWD R/LOCKING L IN BACK OF R, FWD L/LOCKING R IN BACK OF

7&8 L,FWD R (FACING REV WITH LADY IN BACK OF MAN)

B

1-16 BASKETBALL TURNS 4 SLOWS;; OPPOSITE FENCE LINE; SPOT TURN MAN FACE

WALL LADY IN 4 TO FACE MAN; ALAMANA;; (TO) LARIAT;; CROSS BODY (COH);;

CROSS BODY TO WALL;; FULL BASIC;; OPEN HIP TWIST TO SIDE BY SIDE (LADY IN 4);;

1,2,3,4 {BASKETBALL TURNS 4 SLOWS} FWD L TRNG ½ TO FACE LINE, RECOVER R THEN HE TAKES 2 SMALL STEPS TOWARD PARTNER L THEN R (SHE TAKES ONE STEP FWD L TO REV RECOVERING TO LINE R THEN ONE STEP TO LINE L TRNG TO REVERSE AND RECOVERING R TO FACE PARTNER

1,2,3&4; {OPPOSITE FENCE LINE} IN BUTTERFLY XLIF OF R, REC ON R, SD L/CL R, SD L;

1,2,3&4; {SPOT TURN MAN FACE WALL LADY IN 4 TO FACE MAN ;} X R TO COH TRNG ½ LFT FC ON BALL OF

(1,2,3,4,); (CROSS R IN FRONT OF LEFT TURNING TOWARD WALL, THEN FWD L BEGIN TURNING TO FACE PARTNERFORWARD R CONTINUING TURN L THEN FACE PARTNER)

1,2,3&4; {ALAMANA;; TO LARIAT;;} FWD, REC, SD/CL, SD; BK.REC. SD/CL.SD;; TO LARIAT IN PLC STP, STP, STP/ STP, STP; STP, STP, STP//STP, STP; (FWD, FWD, FWD/CL, FWD; FWD, FWD,FWD/CL SD);

1,2,3&4; {CROSS BODY (COH)} FWD, REC TRN, SD/CL, SD; BK TRN, REC, SD/CL SD;

1,2,3&4; {CROSS BODY TO WALL} FWD, REC TRN, SD/CL, SD; BK TRN, REC, SD/CL SD;

1,2,3&4; {FULL BASIC} FWD, REC, SD/CL, SD; BK, REC, SD/CL, SD;

1,2,3&4; {OPEN HIP TWIST TO SIDE BY SIDE(LADY IN 4);} CK FWD, REC, BK/CL, BK; (RK BK, REC, FWD/LK, FWD (1,2,3,4,); SWVL); WALK IN 4 TO MAN'S RIGHT SIDE L, R, L, R;

REPEAT A

C

1-22 2 SLIDING DOORS IN TANDEM;; CIRCLE AWAY AND TOGETHER;; DOUBLE CUBAN BREAKS;; ½ BASIC TO A FAN;; STOP & GO HOCKEY STICK;; HOCKEY STICK;; SHOULDER TO SHOULDER 2X;; START A CHASE ½ TANDEM TO WALL;; PEEK-A-BOOS;; FINISH THE CHASE;; OPEN HIP TWIST TO SIDE BY SIDE LADY IN 4;;

1,2,3,&4; **{2 SLIDING DOORS IN TANDEM}** SD L, REC R, X L/S R, CL; SD R, REC L, X R/S L/ TO CL,;

1,2,3,&4; **{CIRCLE AWAY AND TOGETHER}** IN CLOCKWISE MOTION FWD L, R COMM RGT FACE TURN, FWD L/ FWD R, CONT TURNING RGT FACE FWD L; FWD R, CONT TRN RGT FACE FWD L, FWD R/ FWD L, FWD R FACE WALL; (COUNTER CLOCKWISE FWD L, FWD R, FWD L/FWD R, FWD L COMM TRN LEFT FACE IN 4 STEPS
CONTINUE TO FACE MAN; R, L, R, L);

1&,2&,3&,4; **{DOUBLE CUBAN BREAKS}** XIF/REC, SD/REC, XIF/REC, SD; XIF/REC, SD/REC, XIF/REC, SD;

1,2,3,&4; **{HALF A BASIC TO A FAN}**FWD L, REC R, SD L/CL R, SD L; BK R, REC L, SD R/CL L,SD R; (BK R, REC L, FWD R/FWD L, FWD R; FWD L TO MAN STEP SIDE & BACK & TO LINE R/L, BACK R);

1,2,3,&4; **{STOP & GO HOCKEY STICK}** FWD L, REC R, SD L/CL R, SD L LEAD WOMAN TRN LFT FACE UNDER LEAD HANDS (CL R, FWD L, FWD R/CROSS LF IN BK FWD R QUICK LEFT FAC TURNING UNDER LEAD HAND FACIN LOD); SOFTEN LFT KNEE CROSS LUNGE R IN FRONT TO LINE R HAND ON WOMAN'S BACK, REC L TRNG

WOMAN RIGHT FACE UNDER LEAD HANDS, SD R/CL L, SD R; (SIT LUNGE BK L, REC R TRN RIGHT FACE UNDER LEAD HANDS BK L/CROSS R IN FRONT, BK LEFT);

1,2,3&,4; **{HOCKEY STICK}** FWD L, REC R IN PLACE L/CL R, L LEAD WOMAN FWD (CL R, FWD L, FWD R/XLIB, FWD R);

BK R SLIGHTLY BEHIND L, REC LTWD RLW TURN WOMAN LFT FACE UNDER LEAD HANDS, FWD R/XLIB, FWD R RLW; (FWD L TOEING OUT, FWD R RLW TURN LEFT FACE UNDER LEAD HAND,BK L/XRIF,BK L);

1,2,3&,4; **{SHOULDER TO SHOULDER 2X}** RK FWD, REC, SD/CL. SD; (RK BK, REC, SD/CL, SD);

1,2,3&,4; **{START A CHASE ½ TANDEM TO WALL;; PEEK-A-BOOS;; FINISH THE CHASE}** FWD L, TRN RIGHT FACE TO FACE COH, REC R, IN PLACE L/,R, L; BK L, FACE COH; FWD R, TURNING RGT FACE TO WALL IN TANDEM

WITH LADY, FWD L, R/L R; SD R, REC L, IN PLACE R/L, R; SD L, REC R, IN PLACE L/R, L; FWD R, REC L, IN PLACE R/L, R; FACING WALL, FWD L, REC R, IN PLACE L/R, L;

1,2,3&,4; **{OPEN HIP TWIST TO SIDE BY SIDE(LADY IN 4)}** CK FWD, REC, BK/CL, BK; (RK BK, REC, FWD/LK, FWD (1,2,3,4,); SWVL); WALK IN 4 TO MAN'S RIGHT SIDE L, R, L, R;

REPEAT A

MODIFIED C

1-18 2 SLIDING DOORS IN TANDEM;; CIRCLE AWAY AND TOGETHER;; ½ BASIC TO A FAN;; STOP & GO HOCKEY STICK;; HOCKEY STICK;; START A CHASE ½ TANDEM TO WALL;; PEEK-A-BOOS;; FINISH THE CHASE;; OPEN HIP TWIST TO SIDE BY SIDE LADY IN 4;;

1,2,3,&4; **{2 SLIDING DOORS IN TANDEM}** SD L, REC R, X L/S R, CL; SD R, REC L, X R/S L/ TO CL,;

1,2,3,&4; **{CIRCLE AWAY AND TOGETHER}** IN CLOCKWISE MOTION FWD L, R COMM RGT FACE TURN, FWD L/ FWD R, CONT TURNING RGT FACE FWD L; FWD R, CONT TRN RGT FACE FWD L, FWD R/ FWD L, FWD R FACE WALL; (COUNTER CLOCKWISE FWD L, FWD R, FWD L/FWD R, FWD L COMM TRN LEFT FACE IN 4 STEPS
CONTINUE TO FACE MAN; R, L, R, L);

- 1,2,3&,4; **{HALF A BASIC TO A FAN}**FWD L, REC R, SD L/CL R, SD L; BK R, REC L, SD R/CL L,SD R; (BK R, REC L, FWD R/FWD L, FWD R; FWD L TO MAN STEP SIDE & BACK & TO LINE R/L, BACK R);
- 1,2,3&,4; **{STOP & GO HOCKEY STICK}** FWD L, REC R, SD L/CL R, SD L LEAD WOMAN TRN LFT FACE UNDER LEAD HANDS (CL R, FWD L, FWD R/CROSS LF IN BK FWD R QUICK LEFT FAC TURNING UNDER LEAD HAND FACIN LOD); SOFTEN LFT KNEE CROSS LUNGE R IN FRONT TO LINE R HAND ON WOMAN'S BACK, REC L TRNG
WOMAN RIGHT FACE UNDER LEAD HANDS, SD R/CL L, SD R; (SIT LUNGE BK L, REC R TRN RIGHT FACE UNDER LEAD HANDS BK L/CROSS R IN FRONT, BK LEFT);
- 1,2,3&,4; **{HOCKEY STICK}** FWD L, REC R IN PLACE L/CL R, L LEAD WOMAN FWD (CL R, FWD L, FWD R/XLIB, FWD R); BK R SLIGHTLY BEHIND L, REC LTWD RLW TURN WOMAN LFT FACE UNDER LEAD HANDS, FWD R/XLIB, FWD R RLW; (FWD L TOEING OUT, FWD R RLW TURN LEFT FACE UNDER LEAD HAND,BK L/XRIF,BK L);
- 1,2,3&,4; **{START A CHASE ½ TANDEM TO WALL;; PEEK-A-BOOS;; FINISH THE CHASE}** FWD L, TRN RIGHT FACE TO FACE COH, REC R, IN PLACE L/R, L; BK L, FACE COH; FWD R, TURNING RGHT FACE TO WALL IN TANDEM
WITH LADY, FWD L, R/L R; SD R, REC L, IN PLACE R/L, R; SD L, REC R, IN PLACE L/R, L; FWD R, REC L, IN PLACE R/L, R; FACING WALL, FWD L, REC R, IN PLACE L/R, L;
- 1,2,3&,4; **{OPEN HIP TWIST TO SIDE BY SIDE(LADY IN 4)}** CK FWD, REC, BK/CL, BK; (RK BK, REC, FWD/LK, FWD (1,2,3,4,); SWVL); WALK IN 4 TO MAN'S RIGHT SIDE L, R, L, R;

REPEAT A

1-12 SIDE DRAW LEFT (WITH SHOULDER SHAKE) TOUCH; SHAKE IT; SIDE DRAW RIGHT TOUCH; SHAKE IT; SIDE CLOSE TURN TO FACE CENTER TOUCH: HIP BUMP 3 TO FACE REVERSE; ROCK BACK RECOVER TO THREE FORWARD CHA'S;;

- 1,2,3; **{SIDE DRAW LEFT (WITH SHOULDER SHAKE)}** SD L TOWARD LN DRAWING R FOOT TO L ON COUNT 2 & 3
1,2,3; TOUCHING R TO L; SHAKE YOUR HIPS
1,2,3; **{SIDE DRAW RIGHT TOUCH(WITH SHOULDER SHAKE)}** TO REV LINE SIDE DRAW L TO R WITH A TOUCH 1,2,3;AND SHAKE YOUR HIPS
1,2,3; **{SIDE CLOSE TURN}** SD L TO LINE, CL R, SD L TURNING ON BALL OF FOOT TO FACE CENTER 7 TOUCH R TO L
1,2,3; **{HIP BUMP THREE TO FACE REVERSE}** WITH R FOOT LIFT KNEE AND EXTEND FOOT TO LINE, TO DLC AND TO CENTER ALSO EXTENDING HIP IN THOSE DIRECTIONS;
1,2,3&,4; **{ROCK BACK, RECOVER TO THREE FORWARD CHAS}** BOTH WITH R FOOT FREE RK, BACK RECOVER L,
5&6 FWD R/LOCKING L IN BACK OF R, FWD L, FWD R/LOCKING L IN BACK OF R, FWD L/LOCKING R IN BACK
7&8 L, FWD R (FACING REV WITH LADY IN BACK OF MAN)

END

1-2 SIDE DRAW LEFT (WITH SHOULDER SHAKE) TOUCH; SHAKE IT; SIDE DRAW RIGHT TOUCH; SHAKE IT;

- 1,2,3 1,2,3 **{END};;**THIS TIME JUST FACING REVERSE SIDE DRAW LEFT WITH SHOULDER SHAKE TOUCH SHAKE IT;
SIDE DRAW RIGHT TOUCH WITH SHOULDER SHAKE, SHAKE IT;