



McMove

Choreographed by **Linda McCormack (UK) & Rachael McEnaney (UK/USA)**

(November 2013) Linda: lindamccormack@live.com

Rachael : www.dancewithrachael.com - Rachaeldance@me.com

Tel: +1 407-538-1533 - +44 7968181933



Description:	64 Counts, 2 Walls, Advanced Line Dance with West Coast Swing feel.
Music:	"Move" – Little Mix (Album: Salute or avail as single) (approx 3.44 mins)
Count In:	32 counts from start of track. Approx 120bpm. Notes: Restart 1 st wall count 48

Section	Footwork	End Facing
1 - 9	R hip circle CCW, hip push fwd-back, L ball change, L sweep, L cross, R side rock, R cross shuffle	
1 2	Step right to right side as you circle hips towards 9.00 (1), complete hip circle end at 10.30 with hips pushed forward & left heel lifted (left knee should be bent) (2)	10.30
3 & 4	Push hips back as you straighten left knee (3), step ball of left next to right (&), cross right over left (4)	10.30
5 6	Sweep left leg forward (5), cross left over right (6)	12.00
7 & 8 & 1	Rock right to right side (7), recover weight right (&), cross right over left (8), step left to left side (&), cross right over left (1)	12.00
10 - 16	Walk L-R-L making ¾ turn L, ball press L, hold, L back, toe taps moving back R-L,	
2 3 4	Make ¼ turn left stepping forward left (2), make ¼ turn left stepping forward right (3), make ¼ turn left stepping forward left (4)	3.00
& 5 6	Step ball of right next to left (&), press ball of left foot forward (bend left knee slightly) (5), hold (transfer weight to right) (6)	3.00
& 7 & 8	Step back left (&), tap (press) right toe forward (7), step back right (&), tap (press) left toe forward (8)	3.00
17 - 24	Side L with ¼ turn L, point R, rolling vine with ball cross, C hip, hip bumps with twists L-R	
& 1	Make ¼ turn left stepping left to left side (&), point right toe out to right side (<i>prep body left for a turn to R</i>) (1)	12.00
2 3	Make ¼ turn right stepping forward right (2), make ½ turn right stepping back left (3),	9.00
& 4	Make ¼ turn right stepping ball of right to right side (&), cross left over right (4)	12.00
5 & 6	Touch right to right side as you bump hips up (5), bump hips to left (&) bump hips to right & down (taking weight right) (6)	12.00
7 8	Strong hip bump to left (7), strong hip bump to right (8) (<i>weight ends right</i>) <i>Styling: as you bump left twist heels left and take left hand up as if wiping brow – repeat to right</i>	12.00
25 - 33	L ball cross R, unwind ½ turn L, walk R-L, fwd R, pivot ½ turn L, fwd R, ½ turn R, ¼ turn R	
& 1 2	Step in place on ball of left (&), cross right over left (1), unwind ½ turn left (weight ends left) (2),	6.00
3 4 5 6	Step forward right (3), step forward left (4), step forward right (5), pivot ½ turn left (6)	12.00
7 8 1	Step forward right (7), make ½ turn right stepping back left (8), make ¼ turn right stepping right to right side (1)	9.00
34 - 40	Close L with R kick/swing, R cross-out-out, L-R heel turn with ¼ L, head look, L ball, fwd R, ¾ pivot L	
2 3 & 4	Step left next to right as you kick/swing right out to right side (2), cross right over left (3), step left to left (&), step right to right (4)	9.00
& 5	(<i>feet should be shoulder width apart – keep head facing 9.00</i>) Twist left heel in (right) towards right (&), twist right heel out (right) (<i>by the end of these heel twist the position of the feet should be facing the back so you have made a ¼ turn left – with feet</i>)	6.00
6 & 7 8	Turn head ¼ turn left (<i>body should now be facing 6.00</i>) (6.00), step ball of left in place (&), step forward right (7), pivot ¾ turn left (8)	9.00
41 - 49	Side R, L sailor, R sailor, L behind, ¼ R, fwd L, ¼ pivot R, L cross	
1 2 & 3	Step right to right side (<i>strong step</i>) (1), cross left behind right (2), step right next to left (&), step left to left side (<i>strong step</i>) (3)	9.00
4 & 5 6	Cross right behind left (4), step left next to right (&), step right to right side (5), cross left behind right (6),	9.00
7 8 & 1	Make ¼ turn right stepping forward right (7), step forward left (8) (RESTART POINT), pivot ¼ turn right (&), cross left over right (1)	3.00
Restart	On the first wall – you will restart after count 48 (count 8 in this section), you will be facing front to start again.	12.00
50 - 56	R side, L cross, R side-rock cross, L back, R back with L knee pop, L back with R knee pop	
2 3 4 & 5	Step right to right side (2), cross left over right (3), rock right to right side (4), recover weight left (&), cross right over left (5)	3.00
6 7 8	Step back left (6), step back right as you pop left knee forward (7), step back left as you pop right knee forward (8)	3.00
57 - 64	¼ turn R with side rock (heel grind style), R behind, L side, R cross, L side, hold, L close, R side, L close	
1 2 3	Make ¼ turn right as you rock right to right side (<i>do R heel grind for style</i>) (1), recover weight left (2), cross right behind left (3)	6.00
4 & 5 6	Step left to left side (4), cross right over left (&), step left to left side (5), hold (<i>transfer weight right</i>) (6)	6.00
& 7 8	Step left next to right (&), step right to right side (7), step left next to right (8)	6.00