

Motivate



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Low Intermediate Level Dance. Choreographed by: Dustin Betts (USA) Feb 2023 Choreographed to: Motivate by Jeremiah Asiamah Intro: 32 Counts. Start at approx 15 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

| SEC 1 1-2&3 &4 5-6 7-8& | SIDE, BEHIND-SIDE-CROSS, BALL CROSS, ROCK, RECOVER, BACK, ¼, ½ Step R to right side, Cross L behind R, Step R to right side, Cross L over R (12:00) Step ball of R foot slightly next to L, Cross L over R (12:00) Rock R to fwd right diagonal, Recover onto L (12:00) Step R back, Make ¼ turn left stepping L fwd, Make ½ left stepping R slightly back (3:00) |
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| SEC 2 1-2 3&4 5&6 7&8 | BUMP, BUMP, SHUFFLE, CROSS ROCK ¼, SHUFFLE Step L slightly to left bumping hips left, Step R slightly to right bumping hips right (3:00) Step L to left side, Step R next to L, Step L to left side (3:00) Cross rock R across L, Recover onto L, Make ¼ turn right stepping R fwd (6:00) Step L fwd, Step R next to L Step L fwd (6:00) |
| SEC 3 1-2 3-4 5&6 7&8 | HIP ROLL ¼ TURN, HIP BUMPS, SAILOR STEP Step R fwd, Make ¼ turn left rolling hips counter clockwise taking weight onto L (3:00) Step R fwd, Make ¼ turn left rolling hips counter clockwise taking weight onto L (12:00) Bump R hip to right taking weight on R, Recover onto L, Bump R hip to right taking weight on R (12:00) Step L slightly behind R, Step R to right side, Step L to left side (12:00) |
| SEC 4 1&2 3-4 5-6-7 8& | CROSS SAMBA, ROCK, RECOVER, BACK X3, BACK ROCK, ¼ RECOVER Cross R over L, Rock L to left side, Recover onto R (12:00) Rock fwd onto L, Recover onto R (12:00) Step L back, Step R back, Step L back (12:00) Rock R back Make ¼ left recovering onto L (9:00) |
| Tag 1 1-2 | At the end of Wall 1 Step R to right side rolling hips counter clockwise, Step L next to R |
| Tag 2 1-2 3-4 | At the end of Wall 5 Step R to right side rolling hips counter clockwise, Step L next to R Step R to right side rolling hips counter clockwise, Step L next to R |

