

# DEJAS APRAKSTS

## The way she moves

Count: 64

Wall: 2

**Level: Novice (D deja)**

Choreographer: Gemma Ridyard

Music: Lie To Me - Mikolas Josef

Sequence - A, B, A, C, A, B, A, C, A\*, A, C, C

**Restart: \*The 5th time you start A you dance the 1st 16 counts and the Restart A from the beginning**



### Part A: 32 counts

**A1: R Kick Cross, L Side Rock, L Kick Cross, R Side Rock, R Jazz box ½ R, 2X Hop**

1&2& Kick RF forward, Cross Over LF, Rock LF to L, replace weight to RF

3&4& Kick LF forward, Cross Over RF, Rock RF to R, replace weight to LF

5 6 7 Cross LF over, make a ¼ turn R stepping RF back, make a ¼ turn R step RF to side

&8 Close LF to RF as you do 2x small jumps travelling R \*option close LF to RF\* Lift R to head height to hand pumps (6.00)

**A2: Step L, R heel to, Step R L heel toe, Kick L, Kick R, ball step, ball step**

1&2 Step LF to L Diagonal, R heel twists in, R toe twists in

3&4 Step RF to R Diagonal, L heel twists in, L toe twists in (weight on R)

5&6 Kick L forward, close L to R, Kick R forward

&7&8 Step R small step back, replace weight to L, replace weight to R, replace weight to L (6.00)

**\*Restart here\***

**A3: Out Out, ¼ L back back, Out Out, ¼ L back back, Press R forward, Press L forward**

&1&2 Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back

&3&4 Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back

(\*Shake hands high and then low\*)

5 6 Press ball of R forward angle upper body to L, close R to L return body to centre

7 8 Press ball of L forward angle upper body to R, close L to R return body to centre (12.00)

**A4: Kick close knees out in, kick close knees out in, Jazz box ½ R**

1&2& Kick R forward, close R to L, take knees out, close knees (weight on R)

3&4& Kick L forward, close L to R, take knees out, close knees (weight on L)

5 6 7 8 Cross R over, make a ¼ turn R stepping L back, make a ¼ turn R step R to side, touch L to R (6.00)

**Part B (16 counts)**

**B1: Step L forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle ½ L**

1&2 Step L forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)

3&4 Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)

5 6 7 8 Paddle ½ turn L touching R toe to R, finish with R toe touched to L (8) (12.00)

**B2: Step R forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle ½ R**

1&2 Step R forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)

3&4 Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)

5 6 7 8 Paddle ½ turn R touching L toe to L, finish with L closed next to R (8) (6.00)

**Part C (16 counts)**

**C1: R Charleston step, Charleston Kick R ½ turn, Charleston Kick L ½ turn**

1 2 3 4 Touch R forward, step R back, touch L back, step L forward

5&6& Make a ¼ turn L Kick R forward (5) bend R knee bring R into L knee (&) Make a ¼ turn L Kick R Back (6) close R to L (&) (6.00)

7&8 Make a ¼ turn L Kick L Back (7) bend L knee bring L into R knee (&) Make a ¼ turn L Kick L forward (8) (12.00)

\*option to not turn the kicks

**C2: &Cross Unwind ¾ L, travelling forward ball step ball step, ¼ R pivot ½ R, close L to R**

&1 2 Step L down (&) Cross R over L, unwind a ¾ turn R weight on R (3.00)

&3&4 Step L to L, cross R over L, step L to L, cross R over L, (Wax on Wax off hands )

5 6 7 8 Make a  $\frac{1}{4}$  turn L step L forward reaching R arm forward at shoulder height (5)  
slow pivot  $\frac{1}{2}$  turn L drawing R arm in towards the body (67) close L to R (6.00)