

LIPS ARE MOVIN'

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Music: Lips Are Movin' by Meghan Trainor, CD: Title Song: Lips Are Movin' Track 11
Available as a single download from amazon.com
Time/Speed: Time @ BPM: 3:02 @ 140 as downloaded
Slow for comfort: Suggest 39 - 40.5 RPM = 120 [30 MPM] - 124 BPM [31 MPM]
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: **Cha Cha** Phase 4+2 [Start A Natural Top, Natural Opening Out]
Degree of Difficulty: AVG
Sequence: INTRO A B C D A B C D END

MEAS:

INTRODUCTION

1-4 BUTTERFLY MAN FCG PARTNER & WALL WAIT 2 MEAS ; ; FENCE LINE ; CRAB WALK 4;

- 1-2 {WAIT} {WAIT} BFLY M fcg ptr & WALL wait 2 meas ; ;
3 {FNC LINE} X lun thru L w/ bent knee looking to RLOD, rec R trng to fc ptr, sd L/cl R, sd L to end fcg BFLY WALL (W X lun thru R w/ bent knee looking to RLOD, rec L trng to fc ptr, sd R/cl L, sd R end in BFLY COH) ;
4 {CRB WLK 4} XRif of L, sd L, XRif of L, sd L (W XLif of R, sd R, XLif of R, sd R) ;

5-8 SPOT TURN TO BFLY; SHOULDER-SHOULDER TWICE ; ; NEW YORKER IN 4 WITH CLOSE TO HNDSHK ;

- 5 {SPT TRN BFLY} Swiveling 1/4 on L foot XRif trng 1/2 LF, rec L trng LF to fc ptr, sd R/cl L, sd R to BFLY WALL (W Swiveling 1/4 on R foot XLif trng 1/2 RF, rec R trn RF to fc ptr, sd L/cl R, sd L BFLY COH) ;
6 {SHLDR-SHLDR} Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L BFLY WALL (W Bk R to BFLY SCAR, rec L to fc, sd R/cl L, sd R BFLY COH) ;
7 {SHLDR-SHLDR} Fwd R to BFLY BJO, rec L to fc, sd R/cl L, sd R BFLY WALL (W Bk L to BFLY BJO, rec R to fc, sd L/cl R, sd L BFLY COH) ;
8 {NY IN 4 W/ CL HNDSHK} Swvl on R thru L, rec R swvl to fc ptr, sd L, cl R blending to HNDSHK WALL (W Swvl on L thru R, rec L swvl to fc ptr, sd R, cl L HNDSHK COH) ;

PART A

1-4 CROSS BODY ; WITH REVERSE TWIRL ; SHADOW NEW YORKER ; UNDERARM TURN ;

- 1 {X BDY W/ REV TWRL} Fwd L, rec R trng LF, sd L/cl R, sd L toe pointing LOD (W Bk R, rec L, fwd R/lk Lib of R, fwd R twd M staying on R sd endg in an L-shaped Position) ;
2 Bk R, rec L trng to fc COH raising R hnds to lead W to twrl undr R hnds, sd R/cl L, sd R; (W Fwd L, fwd R twirling LF undr HNDSHK, sd & fwd L/cl R, sd L completing 1 full LF twirl to end fcg ptr & WALL) ;
3 {SHDW NY} In HNDSHK trng RF fwd L to LOD with L arm extended behind W, rec R trng LF to fc ptr, sd L/cl R, sd L endg HNDSHK COH (W Swvl on L foot thru R, rec L swvl to fc ptr, sd RL/cl L, sd R endg HNDSHK WALL) ;
4 {UNDRM TRN} Raising jnd R hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R (W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L/cl R, sd L) ;

5-8 SHADOW NEW YORKER WITH TWIRL ; WHIP TO WALL BFLY ; 1/2 BASIC ; SPOT TURN NO HANDS ;

- 5 {SHDW NY W/ TWRL} In HNDSHK trng RF fwd L to LOD with L arm extended behind W, rec R trng LF to fc ptr, sd L/cl R to L, trng slightly LF sd L toe pointing RLOD (W Swvl on L foot thru R, rec L twirl RF 1 full trn under HNDSHK on cha sd & fwd R/cl L, sd R to end fcg WALL) ;
NOTE: W's LF twirl can be omitted and replaced with sd cha
6 {WHP TO WALL BFLY} Bk R, rec L trng LF to fc WALL sd R/cl L, sd R end HNDSHK WALL (W Fwd L, fwd R trng LF 1/2 to fc COH, sd L/cl R, sd L endg HNDSHK COH) ;
7 {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
8 {SPT TRN NO HNDSD} Swivel 1/4 on L foot XRif trng 1/2 LF, rec L trng LF to fc WALL, sd R/cl L, sd R no hnds jnd (W Swivel 1/4 on R foot XLif trng 1/2 RF, rec R trn RF to fc COH, sd L/cl R, sd L no hnds jnd) ;

PART B

1-4 RONDE CHA CHA BOX ; ; TWICE ; ;

- 1 {RONDE CHA CHA BOX} Ronde LIF of R, sd R, bk L/lk Rif of L, bk L (W Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R) ;
2 Ronde Rib of L, sd L, fwd R/lk Lib of R, fwd R (W Ronde Lif of R, sd R, bk L/lk Rif of L, bk L) ;
3-4 {RONDE CHA CHA BOX} Same as Part B meas 1-2 ; ;

5-8 CHASE FULL TURN BFLY;; NEW YORKER IN 4 WITH CLOSE ; POINT LOD & HOLD ;

- 5 {CHS FULL TRN BFLY} Fwd L trng 1/2 RF, fwd R trng 1/2 RF, bk L/lk Rif, bk L to fc WALL (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
- 6 Bk R, rec L, fwd R/lk L, fwd R WALL BFLY (W Fwd L trng 1/2 RF, fwd R trng 1/2 RF, bk L/lk Rif, bk L to COH BFLY) ;
- 7 {NY IN 4 W/ CL} Swvl on R thru L, rec R swvl to fc ptr, sd L, cl R (W Swvl on L thru R, rec L swvl to fc ptr, sd R, cl L) ;
- 8 {PT LOD & HOLD} Pt L foot twd LOD & trail arm pointed RLOD, hold, -, - (W Pt R foot twd LOD & trail arm pointed RLOD, hold, -, -) ;

PART C**1-5 1/2 BASIC TO FAN ; ; HOCKEY STICK WITH TRIPLE CHA FORWARD ; ; ;**

- 1 {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
- 2 {FAN} Bk R, rec L leading W to trn LF i/4, sd R/cl L, sd R (W Fwd L, trng LF sd & bk R making 1/4 trn to fc RLOD, bk L/lk Rif, bk L leaving R foot extended fwd w/ no weight) ;
- 3 {HKY STK W/ TRPL CH FWD} Fwd L, rec R, in pl L/R, L (W Cl R, fwd L, fwd R/lk Lib, fwd R) ;
- 4 Bk R, rec L, twd DRW fwd R/lk Lib, fwd R (W Fwd L, fwd R trng LF 1/2 fc ptr, bk L/lk Rif, bk L on a diag) ;
- 5 Cont twd DRW fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R (W Bk R/lk Lif, bk R, bk L/lk Rif. Bk L) ;

6-8 FORWARD RECOVER & TRIPLE CHA BACK CP RLOD ; ; START A NATURAL TOP ;

- 6 {FWD REC & TRPL CH BK CP RLOD} Fwd L, rec R, bk L/lk Rif, bk L (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
- 7 Bk R/lk Lif, bk R, bk L/lk Rif. bk L stp slightly to sd to CP RLOD (W Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to CP LOD) ;
- 8 {START NAT TOP} XRib of L trng RF, sd L cont trn, XRib of L cont trn/sd L cont trn to fc ptr & WALL, cl R (W Sd L trng RF, XRif of L cont trn, sd L cont trn/XRif of L cont trn to fc ptr & COH, sd L) ;

9-12 INTO NATURAL OPENING OUT ; TO FAN ; ALEMANA ; BFLY ;

- 9 {NAT OPG OUT} Giving W a slight L sd lead w/ right sd stretch to open W out ck fwd L on ball of foot w/ pressure into floor & shaping to ptr, rec R w/ slight right sd lead to lead W to CP, sd L/cl R, sd L endg CP WALL (W With slight L sd stretch trn 1/2 RF bk R w/ R sd stretch, rec L w/ L sd stretch trng 1/2 LF blending to CP, sd R/cl L, sd R endg CP COH) ;
- 10 {FAN} Same as Part C meas 2 ;
- 11 {ALEMANA TO BFLY} Fwd L, rec R, bk L/cl R, bk L (W Bk R, rec L, fwd R/cl L, fwd R) ;
- 12 Bk R lead W to trn 1/2 RF, rec L lead W to trn 1/2 RF, sd R/cl L, sd R BFLY WALL (W Fwd L trng 1/2 RF undr jnd lead hnds, fwd R trng 1/2 RF undr jnd lead hnds to fc ptr & COH, sd L/cl R, sd L BFLY COH) ;

13-16 1/2 BASIC ; AIDA ; SWITCH CROSS ; CRAB WALK ENDING ;

- 13 {1/2 BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
- 14 {AIDA} Trng LF to LOD thru R, fwd L trng RF 1/2 fc RLOD, bk R/lk Lif, bk R endg in "V" position (W Trng RF to LOD thru L, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif of L, bk L) ;
- 15 {SWCH X} Trng LF to fc ptr bringing jnd hnds thru sd L ckg, rec R, XLif/sd R, XLif (W Trng RF to fc ptr bringing jnd hnds thru sd R ckg, rec L, XRif/sd L, XRif) ;
- 16 {CRB WLK ENDG} Sd R, XLif, sd R/cl L, sd R (W Sd L, XRif, sd L/cl R, sd L) ;

PART D**1-4 FENCE LINE KEEP LEAD HANDS ; TIME & SPOT TO NECK WRAP ; UNWRAP TO WALL BFLY ; FENCE LINE IN 4 ;**

- 1 {FNC LINE KEEP LEAD HND JND} X lun thru L w/ bent knee looking to RLOD, rec R trng to fc ptr, sd L/cl R, sd L to end fcg WALL release trail hnds keep lead hnds jnd (W X lun thru R w/ bent knee looking to RLOD, rec L trng to fc ptr, sd R/cl L, sd R end fcg COH release trail hnds keep lead hnds jnd) ;
- 2 {TIME & SPT TO NECK WRP} XRib w/ slight RF body trn raising jnd lead hnds just to W's chin height, rec L to Neck Wrp pos fcg RLOD, fwd R/lk Lib, fwd R (W Swvl 1/4 RF on ball of R foot stp fwd L trng 1/2 RF wrapping into jnd lead hnds into neck wrp, rec R fcg RLOD, fwd L/lk Rib, fwd L) ;
- 3 {UNWRP TO WALL BFLY} Fwd L outside ptr, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL (W Fwd R trng 1/2 LF unwrapping jnd lead hnds, rec L cont LF trn to fc ptr, sd R/cl L, sd R to BFLY COH) ;
- 4 {FNC LINE IN 4} X lun thru R w/ bent knee looking to LOD, rec L trng to fc ptr, sd R, cl L to BFLY WALL (W X lun thru L w/ bent knee looking to LOD, rec R trng to fc ptr, sd L, cl R to BFLY COH) ;

5-8 SPOT TURN TO HND SHK ; TRADE PLACES TWICE ; TO BFLY ; CUCARACHA IN 4 WITH CLOSE *TO HANDSHAKE [2Time *TO BFLY] ;

- 5 **{SPT TRN TO HNDSHK}** Swvl 1/4 LF on ball of L foot thru R trng 1/2 LF, rec L trng 1/4 LF to fc ptr & WALL, sd R/cl L, sd R to **HNDSHK** (W Swvl 1/4 RF on ball of R foot thru L trng 1/2 RF, rec R trng 1/4 RF to fc ptr & COH, sd L/cl R, sd L to **HNDSHK**) ;
- 6 **{TRADE PLCS }** Rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary TANDEM, commence trng 1/4 RF sd & bk L/cl R, comp trn to fc ptr sd & bk L to join L hnds in HNDSHK COH (W Rk apt R, rec L trng 1/4 LF in front of M releasing jnd R hnds to momentary TANDEM, commence trng 1/4 LF sd & bk R/cl L, comp trn to fc ptr sd & bk R to join L hnds in HNDSHK WALL) ;
- 7 **{TRADE PLCS BFLY}** Rk apt R, rec L trng 1/4 LF bhd W releasing jnd L hnds to momentary TANDEM, commence trng 1/4 LF sd & bk R/cl L, comp trn to fc ptr sd & bk R to BFLY WALL (W Rk apt L, rec R trng 1/4 RF in front of M releasing jnd L hnds to momentary TANDEM, commence trng 1/4 RF sd & bk L/cl R, comp trn to fc ptr sd & bk L to BFLY COH) ;
- 8 **{CUCA IN 4 w/ CL HNDSHK}** Sd L, rec R, cl L, step in place R endg *HNDSHK WALL (W Sd R, rec L, cl R, step in place L endg *HNDSHK COH) ;
- *NOTE: 2nd time end in BFLY [Not HNDSHK]**

REPEAT PARTS A B C & D* [end in BFLY]

END

1-4 CHASE WITH UNDERARM PASS ; BFLY COH ; NEW YORKER ; AIDA ;

- 1 **{CHS W/ UNDRM PASS}** Fwd L trng 1/2 RF to fc COH keeping lead hnds jnd, rec fwd R, fwd L/cl R, fwd L (W Bk R keeping lead hnds jnd, rec L, fwd R/cl L, fwd R twd M's L sd) ;
- 2 Bk R raising jnd lead hnds, rec L leading W fwd & leading W to trn LF, sd R/cl L, sd R to BFLY COH (W Fwd L, fwd R trng 1/2 LF undr jnd lead hnds to fc ptr, small sd L/cl R, small sd L to BFLY WALL) ;
- 3 **{NY}** Swvl RF on R thru L, rec R swvl LF to fc ptr, sd L/cl R, sd L BFLY WALL (W Swvl LF on L thru R, rec L swvl RF to fc ptr, sd R/cl L, sd R BFLY COH) ;
- 4 **{AIDA}** Trng LF to LOD thru R, fwd L trng RF 1/2 fc RLOD, bk R/lk Lif, bk R ckg endg in "V" position (W Trng RF to LOD thru L, fwd R trng 1/2 LF to fc RLOD, bk L/lk Rif of L, bk L ckg) ;

5-8 BACK RECOVER FORWARD CHA ; ROLL 2 & CHA BFLY ; NEW YORKER WITH TRIPLE CHA BACK ; ;

- 5 **{BK REC FWD CHA}** Bk L, rec R, fwd L/lk Rib, fwd L (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
- 6 **{ROLL 2 & CHA BFLY}** Fwd R commencing LF trn 1/2, sd & bk L cont trn to fc LOD, fwd R trng LF to fc ptr & COH/cl L, sd R endg BFLY COH (W Fwd L commencing RF trn 1/2, sd & bk R cont RF trn to fc LOD, fwd L trng RF to fc ptr & WALL/cl R, sd L endg BFLY WALL) ;
- 7 **{NY W/ TRPL CHA BK}** Swvl on R foot thru L, rec R, bk L/lk Rif, bk L, (W Swvl on L foot thru R, rec L, bk R/lk Lif, bk R) ;
- 8 Bk R/lk Lif, bk R, bk L/lk Rif, bk L (W Bk L/lk Rif, bk L, bk R/lk Lif, bk R) ;

9-12 BACK RECOVER & TRIPLE CHA FORWARD BFLY ; ; CHASE WITH UNDERARM PASS ; TO WALL BFLY ;

- 9 **{BK REC TRPL CHA FWD BFLY}** Rk bk R, rec L, fwd R/lk Lib, fwd R (W Rk bk L, rec R, fwd L/lk Rib, fwd L) ;
- 10 Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R to fc ptr BFLY COH (W Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L to fc ptr BFLY WALL) ;
- 11 **{CHS W/ UNDRM PASS TO WALL BFLY}** Fwd L trng 1/2 RF to fc WALL keeping lead hnds jnd, rec fwd R, fwd L/cl R, fwd L (W Bk R keeping lead hnds jnd, rec L, fwd R/cl L, fwd R twd M's L sd) ;
- 12 Bk R raising jnd lead hnds, rec L leading W fwd & leading W to trn LF, sd R/cl L, sd R to BFLY WALL (W Fwd L, fwd R trng 1/2 LF undr jnd lead hnds to fc ptr, small sd L/cl R, small sd L to BFLY COH) ;

13-16 START A CHASE ; BOTH FACE WALL ; FORWARD CLOSE LADY SHIMMY ; LADY BUMP [1 BEAT]

- 13 **{START A CHS}** Fwd L trng RF 1/2, rec fwd R, fwd L/lk Rib, fwd L (W Bk R, rec L, fwd R/lk Lib, fwd R) ;
- 14 **{BOTH FC WALL}** Fwd R trng LF 1/2, rec fwd L, fwd R/lk Lib, fwd R to fc WALL (W Fwd L trng RF 1/2, rec fwd R, fwd L/lk Rib, fwd L to fc WALL) ;
- 15 **{FWD CL LADY SHIMMY}** Fwd L, cl R bend knees place hnds on W's hips, -, - (W Fwd R, cl L with bent knees, shldr shimmy for 2 beats, -) ;
- 16 **{LADY BUMP}** Chug bk on R & swing L leg bk (W With weight on both feet quickly straighten knees causing feet to slide back & giving the appearance of "bumping" M with W's hips & causing M to move backward) **[1 Beat] MUSIC ENDS**