

## McMotion

Phrased, 104 Count, 1 Wall, Advanced, WCS feel  
Choreographer: Linda McCormack (UK) & Rachael McEnaney  
(UK/USA) Nov 2014  
Choreographed to: The Locomotion (Live) by Kylie Minogue,  
Album: Showgirl – Homecoming Live  
(approx 4.43 mins, 95 bpm)

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**Count In: 8 counts from when first beat kicks in, Start dancing at approx 35secs.**

**Notes: A, B, A (with ¼ turn), B, B, A, B, B END.**

### Part A: 72 counts

**A 1 – 8 Step R to R diagonal, touch L with hip bump, Step L to diagonal, touch R with hip bump, R fwd rock, R back, ½ turn L**

1 2 Begin facing the back: Step R to right diagonal (1), touch L next to R as you bump hip to left (2), 6.00

3 4 Step L to left diagonal (3), touch R next to L as you bump hip right (4) 6.00

5 6 7 8 Rock R forward (5), recover weight L (6), step back R (7), make ½ turn left stepping forward L (8) 12.00

**\*2nd wall At end of part B on 1st wall you will be facing 3.00:**

**Do the first 8 counts as above but on count you will make a ¼ turn left (not ½)**

**A 9 – 16 Walk fwd R-L, R side ball change, R cross, L side ball change, R step, L cross, ¾ turn L**

1 2 & 3 4 Step forward R (1), step forward L (2), step ball of R to right side (&), step slightly forward L (3), cross R over L (4) 12.00

& 5 6 Step ball of L to left side (&), step slightly forward R (5), cross L over R (6), 12.00

7 8 Make ¼ turn left stepping back R (7), make ½ turn left stepping forward L (8) 3.00

**A 17 – 24 ¼ turn L stepping side R, L ball-cross R, L sweep, L cross, ¼ R shuffle, ½ L shuffle**

1 & 2 Make ¼ turn left taking big step with R to right (drag L toe towards R) (1), step slightly back on ball of L (&), cross R over L (2) 12.00

3 4 Sweep L foot from back to front (3), cross L over R (4) 12.00

5 & 6 Make ¼ turn right stepping forward R (5), step L next to R (&), step forward R (6) 3.00

7 & 8 Make ½ turn left stepping forward L (7), step R next to L (&), step forward L (8) 9.00

**A 25–32 Running “paddle turn” R (full turn), L side rock, L behind, R side, L cross**

1 & Step forward R making 1/8 turn right (1), step ball of L forward making 1/8 turn right (&), 12.00

2 & Step forward R making 1/8 turn right (2), step ball of L forward making 1/8 turn right (&), 3.00

3 & Step forward R making 1/8 turn right (3), step ball of L forward making 1/8 turn right (&), 6.00

4 5 6 Step forward R making 1/4 turn right (4), rock L to left (5), recover weight R (6) 9.00

7 & 8 Cross L behind R (7), step R to right side (&), cross L over R (8) 9.00

**A 33–40 Big step R with drag, L ball-cross R, L sweep, L cross, ¼ R shuffle, ½ L shuffle (similar to counts 17-24)**

1 & 2 Take big step R (drag L toe towards R) (1), step slightly back on ball of L (&), cross R over L (2) 9.00

3 4 Sweep L foot from back to front (3), cross L over R (4) 9.00

5 & 6 Make ¼ turn right stepping forward R (5), step L next to R (&), step forward R (6) 12.00

7 & 8 Make ½ turn left stepping forward L (7), step R next to L (&), step forward L (8) 6.00

**A 41–48 R ‘Dorothy step’, diagonal L, ½ turn R sailor step, 1/8 R with L ball-cross R, ¼ R with slide L, ¼ R flick L**

1 2 & 3 Step R to right diagonal (1), lock ball of L behind R (2), step R to right diagonal (&), step L to left diagonal (3) 6.00

4 & 5 Lock ball of R behind L (4), make ¼ turn right stepping L next to R (&), make ¼ turn right stepping forward R (angle to diagonal 1.30) (5) 1.30

& 6 Still facing diagonal (1.30): Step ball of L to left side (&), cross R over L (6) 1.30

7 8 Make ¼ turn R taking big step to left with L (7), make ¼ turn R stepping R next to L flicking L foot back (8)

**(styling: we like to make count 7 a slide on the floor with L foot) 6.00**

**A 49–56 L fwd, R kick, x2 R ball change, walk fwd R-L-R, ½ pivot turn L**

1 2 & 3 Step forward L (1), kick R forward (2), step slightly back on ball of right (&), step in place L (3), 6.00

& 4 Step slightly back on ball of right (&), step in place L (4) 6.00

5 6 7 8 Step forward R (5), step forward L (6), step forward R (7), pivot ½ turn L (8) 12.00

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**A 57–64 Side R, touch L, side L touch R, 1 ¾ rolling turns to R,**

1 2 Step R to right side (1), touch L next to R (2)

**Optional arms: lift R arm straight up (1), bring R arm down as if touching L shoulder (&), take R arm straight down to right side 45°(2) 12.00**

3 4 Step L to left side (3), touch R next to L (4)

**Optional arms: lift L arm straight up (3), bring L arm down as if touching R shoulder (&), take L arm straight down to left side 45° (4) 12.00**

5 6 Make ¼ turn right stepping forward R (5), make ½ turn R stepping back L (6), 9.00

7 8 Make ½ turn R stepping forward R (7), make ½ turn R stepping back L (8) 9.00

**A 65–72 ¼ R with Syncopated chasse R (with optional body roll), hold, hip bump L-R, big hip circle L**

1 2 Make ¼ turn right stepping R to right side as you begin optional body roll backwards (angle body to 10.30) (1), hold or finish bodyroll(2) 12.00

& 3 4 Step L next to R (&), step R to right side as you begin optional body roll backwards (angle body to 10.30) (3), hold or finish bodyroll (4) 12.00

5 6 7 8 Bump hips to left (5), bump hips to right (6), take hips left and continue making a circle with hips counter-clockwise (weight ends L) (8) 12.00

**PART B: 32 counts**

**B 1 – 8 R vaudeville, L vaudeville with ¼ L, R vaudeville, R ball, L cross, R back**

1 & 2 Cross R over L (1), step L to left side (&), touch R heel to right diagonal (2) 12.00

& 3 & 4 Step in place on R (&), cross L over R (3), make ¼ turn left stepping back R (&), touch L heel to left diagonal (4) 9.00

& 5 & 6 Step in place on L (&), cross R over L (5), step left to left side (&), touch R heel to right diagonal (6)

& 7 8 Step in place on R (&), cross L over right (7), step back R (8) 9.00

**B 9 – 16 Step L next to R, take big step fwd R, brush L, ¼ turn R stepping side L, touch R, hold, ¼ turn R stepping out-out (R-L), hold, step in-in (R-L), step out-out (R-L)**

& 1 2 Step L next to R (&), take big step forward R (1), brush L next to R (2) 9.00

& 3 4 Make ¼ turn right stepping L to left side (&), touch R next to L (3), hold (snap fingers above head for style) (4) 12.00

& 5 6 Make ¼ turn right stepping R to right side (slightly back) (&), step L to left side (5), hold (6) 3.00

& 7 & 8 Step slightly back on R (&), step L next to R (7), step R to right side (slightly back) (&), step L to left side (8) 3.00

**B 17–24 R jazz box, ¼ turn L into R weave**

1 2 3 4 Cross R over L (1), step back L (2), step R to right side (3), step forward L (4) 3.00

& 5 & 6 Make ¼ turn left stepping R to right side (&), cross L behind R (5), step R to right side (&), cross L over R (6) 12.00

& 7 & 8 Step R to right side (&), cross L behind R (7), step R to right side (&) cross L over R (8) 12.00

**B 25–32 R point, R cross, L point, L cross, ¼ turn R with R toe strut (see styling), L toe strut (see styling)**

1 2 3 4 Point R to right side (1), cross R over L (2), point L to left side (3), cross L over R (4) 12.00

5 6 Make ¼ turn right as you press ball of R forward (5), drop R heel to floor (style: as you do this slide L foot back) (6) 3.00

7 8 Press ball of L forward (7), drop L heel to floor (style: as you do this slide R foot back) (8) 3.00

**NOTES**

**A, B, A (with ¼ turn), B, B, A, B, B END.**

**.1st wall: Do the whole dance through part A and part B, you will finish B facing 3.00**

**.2nd wall: See notes above under part A counts 1-8, you will make a ¼ turn left instead of ½ turn so that you are facing front to continue dance as before.**

**Then do part B twice.**

**.3rd wall: Part A, then Part B followed by the ENDING below**

**END: For a nice finish: on 3rd wall – during second time of part B dance up to count 24, then have everyone run to the right and then towards the center for a big “TA-DA!!!” – jazz hands finishing pose!!**

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**START AGAIN - HAVE FUN**

