

Moving On Up

Count: 32

Wand: 4

Ebene: Newcomer

Choreograf/in: Alexandra Balzer (DE) - February 2020

Musik: Moving On Up - M People



Dance starts after 16 Counts - Restarts: at wall 5 and 9 after 16 Counts

[1-8] R Kick 2x, behind-side-cross, L Kick 2x, behind-side-cross

- 1,2 R Kick, Kick; Push both hands up and down at each Kick
- 3 & 4 RF behind LF, Step LF to L Side, Cross RF over LF
- 5, 6 L Kick, Kick; Push both hands up and down at each Kick
- 7 & 8 LF behind RF, step RF to R Side, Cross LF over RF

[9 – 16] ¼ Turn R, Lock step fwd, L Rock fwd, L Lock-step back, R Step Back, ½ Turn R + L Step fwd

- 1&2 ¼ Turn R, RF step fwd, LF cross behind RF, RF Step fwd
- 3, 4 L Rock fwd, Recover on RF
- 5&6 LF Step back, RF Cross over LF, LF Step back
- 7, 8 RF Step back, ½ Turn R stepping LF fwd (face 9:00)

[17 -24] R Rockstep, Coaster Step, L RockStep, Coaster Step

- 1, 2 RF Rock fwd, Recover on LF
- 3&4 RF Step back, LF next to RF, RF Step fwd
- 5, 6 LF Rock fwd, recover on RF
- 7&8 LF step back, RF next to LF, LF Step fwd

[25-32] Grapevine R, Rolling vine L

- 1-4 Step RF to R, LF behind RF, RF to R side, LF Touch next to RF
- 5-8 ¼ Turn L stepping LF fwd, ¼ Turn L stepping RF to R side, ½ Turn L stepping LF to L side, Touch RF next to LF

Start again.
