

I'm Movin' On

Count: 0

Wand: 1

Ebene:

Choreograf/in: Deborah O'Hara (CAN)

Musik: Movin' On - The Rankin Family



Sequence: ABC-ABC-ABC-ABC-ABB 1/2 C* C** BB

PART A (32 COUNTS)

STOMP, CLAPS

- 1&2 Stomp right foot forward, hold & clap hands twice
3-4 Stomp left foot forward, hold & clap hands
5&6 Stomp right foot forward, hold & clap hands twice
7-8 Stomp left foot forward, hold & clap hands

SHUFFLE FORWARD ROCK STEP, SHUFFLE BACK ROCK STEP

- 1&2 Shuffle forward (right-left-right)
3-4 Rock forward on left, step in place with right
5&6 Shuffle backwards (left-right-left)
7-8 Rock back on right, step in place with left

4-¼ TURNS

- 1-8 Point right toe forward, pivot ¼ turn left, repeat 3 times

SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, STEP, TOUCH

- 1&2 Step right to side, bring left to right, step right to side
3-4 Rock back on left, step in place with right
5&6 Step left to side, bring right to left, step left to side
7-8 Step right on the spot, touch left toe to right instep

PART B (32 COUNTS)

ROOSTER

- 1-2 Step left to side, cross right behind left
&3 Step left to side, cross right over left
&4 Step left to left side, extend right heel forward on 45 degree angle right
&5 Step right foot home, cross left foot behind right
&6 Step right foot to right side starting ¼ turn left
6 Extend left heel forward on 45 degree angle left & finish ¼ turn left
7-8 Hold for 1 count, clap hands on count 8
- 9-32 Repeat above 8 counts three times making ¼ turn on each. You will end up facing front

PART C (16 COUNTS)

STEP TOUCH LEFT, STEP TOUCH RIGHT (OPTIONAL SIDE BODY ROLL)

- 1-4 Step left foot to left side, bring right foot to left and touch right toe to instep/clap hands
5-8 Step right foot to right side, bring left foot to right and distribute weight on left/clap hands

TOE STRUTS IN PLACE/HAND SHAKES

Bend arms at elbows with hands at shoulders & shake

- 1-4 Touch right toe to left instep, bring weight to right heel, touch left toe to right instep, bring weight to left heel
5-8 Touch right toe to left instep, bring weight to right heel, touch left toe to right instep, bring weight to left heel

PART C*

1-8 First 8 counts are the same (step touches)

9-16 On toe struts turn $\frac{1}{2}$ turn left and end with a touch hold so left foot is ready to do Part C**

PART C**

1-8 First 8 counts are the same. (step touches)

9-16 On toe struts end with a touch hold so left foot is ready to do Part B
