

# I'm Movin' On

Count: 48

Wand: 4

Ebene: Improver waltz

Choreograf/in: Setsuko Motoki (JP)

Musik: I'm Movin' On - Rascal Flatts



## LEFT SPIRAL, RIGHT SPIRAL

- 1-2-3 Step left foot across right, side step right, turning slightly left step in-place left  
4-5-6 Step right foot across left, side step left, turning slightly right step in-place right

## LEFT SPIRAL WITH ½ TURN LEFT, WALTZ BALANCE STEP

- 1-2-3 Step on ball of left across right, pivot ½ turn left and step back on ball of right, step in-place left  
4-5-6 Step back on right foot, step together left, step in-place right

## REPEAT ABOVE 12 COUNT

- 1-12 Repeat above 12 count

## LONG STEP LEFT, SLIDE RIGHT, LONG STEP RIGHT, SLIDE LEFT

- 1-2-3 Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left foot  
4-5-6 Long step right foot to right, slide left foot to right (over 2 counts), weight on left foot

## CROSS VINE ¼ TURN LEFT, ROCK, RECOVER, SIDE

- 1-2-3 Step right foot behind left, step left foot beside right with ¼ turn left, step forward on right foot  
4-5-6 Rock forward on left foot, recover to right, step left foot to left side

## LONG STEP RIGHT, SLIDE LEFT, LONG STEP LEFT, SLIDE RIGHT

- 1-2-3 Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right  
4-5-6 Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left

## FULL TURN RIGHT, LONG STEP RIGHT, SLIDE

- 1-2-3 Step right foot to right side with ¼ turn right, step forward on left foot, pivot ¾ turn right on left foot  
4-5-6 Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right

## REPEAT

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