

Wand: 4

Ebene: Intermediate



Choreograf/in: Rita Tyner (CAN)

Count: 48

Musik: No News - Lonestar

When dancing to "Move It On Over," at the end of the instrumental section only, there are 7 extra counts. To accommodate this, use (Bump hips left. Hold. Right. Hold. Bump Left, right, left)

RIGHT DIAGONAL STEP FORWARD/TOUCH LEFT TO RIGHT/SWIVEL HEELS RIGHT AND CENTER

- 1-2 Right diagonal step forward to 1:00, left step next to right
- 3-4 Swivel both heels right, swivel both heels center

LEFT DIAGONAL STEP FORWARD/TOUCH RIGHT TO LEFT/SWIVEL HEELS LEFT AND CENTER

- 5-6 Left diagonal step forward to 11:00, right step next to left
- 7-8 Swivel both heels left, swivel both heels center

KICK SIDE, STEP BACK RIGHT, LEFT, RIGHT, LEFT

- 9-10 Kick right to right side, step right back
- 11-12 Kick left to left side, step left back
- 13-14 Kick right to right side, step right back
- 15-16 Kick left to left side, step left back

RIGHT BIG SIDE STEP/DRAG LEFT TO RIGHT/HEEL SPLIT/OUT, OUT, IN, IN

- 17-18 Step big step right, left drag step to right
- 19-20 Heel splits apart and together
- 21-22 Right step slightly right, left step slightly left
- 23-24 Right step center, left touch center

LEFT BIG SIDE STEP/DRAG LEFT TO RIGHT/HEEL SPLIT/OUT, OUT, IN, IN

- 25-26 Left big step left, right drag step to left
- 27-28 Heel splits apart and together
- 29-30 Right step slightly right, left step slightly left
- 31-32 Right step center, left step center

RIGHT ROCK FORWARD/LEFT CENTER/RIGHT ROCK BACK/LEFT CENTER

- 33-34 Right rock forward, rock to center on left
- 35-36 Right rock back, rock to center on left

RIGHT STEP FORWARD/ ¼ PIVOT TO THE LEFT / STRIKE BOTH HEELS TWICE

- 37-38 Step right forward, pivot ¼ to the left
- 39-40 Come up on balls of both feet to strike heels on floor twice

RIGHT KNEE CIRCLE/ LEFT KNEE CIRCLE

- 41-42 Weight on left, right is on ball of foot -- circle right knee from center to the right and back to center
- 43-44 Weight on right, left is on ball of foot -- circle left knee from center to the left and back to center

RIGHT FOOT JAZZ BOX

- 45-46 Right step over left, step left back
- 47-48 Right step over right, left step center

REPEAT