

# Movin'

Count: 40

Wall: 4

Level: Beginner

Choreographer: Virginia Tsui (CAN)

Music: Movin' - Jessica Jay



## STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

- 1-2 Step left foot forward, kick right foot forward  
3-4 Step right foot back, touch left toe back

## STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

- 5-6 Step left foot forward, kick right foot forward  
7-8 Step right foot back, touch left toe back

## SIDE LEFT, TOGETHER, SIDE, SIDE RIGHT, SLIDE TOGETHER

- 9&10 Step left foot to side left, step right foot next to left foot, step left foot to side left  
11-12 Step right foot to side right (a big step to side right), slide left foot next to right foot

## SHUFFLE FORWARD, STEP BACK, SLIDE TOGETHER

- 13&14 Step right foot forward, step left foot next to right foot, step right foot forward  
15-16 Step left foot back, slide right foot next to left foot

## COASTER STEP, STEP FORWARD, ROCK

- 17&18 Step left foot back, step right foot next to left foot, step left foot forward  
19-20 Step right foot forward, rock left foot in place

## COASTER STEP, STEP FORWARD, PIVOT ½ TURN RIGHT

- 21&22 Step right foot back, step left foot next to right foot, step right foot forward.  
23-24 Step left foot forward, pivot ½ turn right

## TOE - HEEL STRUT

- 25-26 Touch left toe forward, drop left heel to floor with weight  
27-28 Touch right toe forward, drop right heel to floor with weight

## SYNCOPATED STEP, KICK RIGHT SIDE, STEP, KICK LEFT

- &29 Step left foot next to right foot, kick right foot out to side right  
&30 Step right foot next to left foot, kick left foot out to side left

## SYNCOPATED STEP, KICK FORWARD, STEP, KICK BACKWARD

- &31 Step left foot next to right foot, kick right foot forward  
&32 Step right foot next to left foot, kick left foot backward

### Optional steps

- &29 Step left foot next to right foot, touch right toe to side right  
&30 Step right foot next to left foot, touch left toe to side left  
&31 Step left foot next to right foot, touch right toe forward  
&32 Step right foot next to left foot, touch left toe back

## SHUFFLE LEFT FORWARD, SHUFFLE RIGHT FORWARD

- 33&34 Step left foot forward, step right foot next to left foot, step left foot forward  
35&36 Step right foot forward, step left foot next to right foot, step right foot forward

## STEP BACK, STEP BACK, TOUCH BACK & TURN ¼ LEFT, HOOK

- 37-38 Step left foot back, step right foot back

39-40            Touch left toe back & make a turn  $\frac{3}{4}$  turn left, hook left leg across front of right leg  
**Bend left knee & kick left heel to right across front of right leg**

**REPEAT**

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