

On The Move

Count: 32

Wall: 4

Level: Improver

Choreographer: Charlotte Macari (UK)

Music: Ain't No Stoppin' Us Now - McFadden & Whitehead



TWO WALKS FORWARD, RIGHT, LEFT, RIGHT MAMBO FORWARD, LEFT COASTER STEP BACK, REPEAT TWO WALKS

- 1-2 Walk forward on right, walk forward on left
- 3&4 Right mambo step forward
- 5&6 Left coaster step back
- 7-8 Walk forward on right, walk forward on left

RIGHT KICK, STEP, STEP, HIP BUMPS LEFT THEN RIGHT, BALL STEP, PIVOT TURN

- 9&10 Kick right foot forward, step right to right side, step left to left side (keeping weight on right foot)
- 11-14 Bump hips twice to left side, repeat to right side
- &15-16 Step the left in place, step forward on right, ½ turn pivot left

STEP RIGHT ¼ TURN LEFT, BEHIND, HEEL JACK, ½ TURN RIGHT, CROSS, ¼ TURN LEFT

- 17-18 Turn ¼ left, stepping right to right side, step left behind right
- &19&20 Step right to right side, touch left heel to left diagonal, step left in place, cross right over left
- 21-22 Turn ¼ right stepping back on left, turn ¼ right stepping to right side
- 23-24 Cross left over right, turn ¼ left stepping back on right

LEFT SHUFFLE BACK, HEEL JACK WITH TOUCH, HEEL JACK WITH STEP, STEP FORWARD, ¼ TURN RIGHT WITH TOUCH

- 25&26 Shuffle back left, right, left
- &27&28 Step back on right, touch left heel forward, step left in place, touch right next to left
- &29&30 Step back on right, touch left heel forward, step left in place, right step forward
- 31-32 Left step forward, turn ¼ right touching right next to left

REPEAT
