

# Movin' On (Chair Dance)

**COPPER** KNOB  
STEPSHEETS

**Compte:** 48

**Mur:** 0

**Niveau:** Advanced Chair Dance



**Chorégraphe:** Rita Ensminger (USA) - October 2019

**Musique:** Bright Lights, Big City - Sonny James

**Alt. music:** Jack The Wack by Mojo Blues Band

## ROCKING CHAIR, POINT STEPS

- 1-4 R forward. L in Place, R Back, L In Place  
5-8 R point side, R step together, L point side, L step together

## SWIVELS AND HEEL STEPS

- 1-2 Swivel heels to right, swivel heels to left  
3-4 Swivel heels to right, swivel heels to left  
5-8 R heel forward, R step together, L heel forward, L step together

## KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

- 1-2 Cross R hand to left knee, cross L hand to right knee  
3-4 Cross R hand to left shoulder, Cross L hand to right shoulder  
5-6 With arms crossed nudge R shoulder forward twice  
7-8 With arms crossed nudge L shoulder forward twice

## KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

- 1-2 Cross R hand to left knee, cross L hand to right knee  
3-4 Cross R hand to left shoulder, Cross L hand to right shoulder  
5-6 With arms crossed nudge R shoulder forward twice  
7-8 With arms crossed nudge L shoulder forward twice

## JAZZ STEP

- 1-4 R cross forward, L step in place, R step next to left, hold  
5-8 L cross forward, R step in place, L step next to right, hold

## SAILOR STEPS WITHOUT WEIGHT

- 1&2 Cross R back behind left, L to side, R fwd  
3&4 Cross L back behind right, R to side, L fwd  
5&6 Cross R back behind left, L to side, R fwd  
7&8 Cross L back behind right, R to side, L step fwd