

# Move On

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Alan Birchall (UK) - March 2008

**Musique:** Move On - David Jordan : (CD: Set The Mood)



**Start:** On Lyrics

**Seconds:** 19 - Count : 16 From Start Of Heavy Beat (BPM: 103)

**NOTE:**

There is a long fade out on this track keep dancing throughout then end the dance facing the front wall at count 32

## **LUNGE, RECOVER, CROSS SHUFFLE, TOUCH, TWIST ¼, SAILOR STOMP**

- 1-2 Lunge/Rock Right To Right, Recover On Left  
3&4 Cross Right Over Left, Step Left To Left, Cross Right Over Left  
5-6 Touch Left To Left, Twist ¼ Turn Left (9'0' Clock)  
7&8 Cross Left Behind Right, Step Right To Right, Stomp Left To Left

## **CROSS, UNWIND, SIDE SHUFFLE, CROSS ROCK, RECOVER, ¼ SHUFFLE**

- 9-10 Cross Right Over Left, Unwind Full Turn Left (9'0' Clock)  
11&12 Step Left To Left, Right By Left, Step Left To Left  
13-14 Cross Rock Right Over Left, Recover On Left  
15&16 Step Right To Right, Left By Right Step Right To Right Making ¼ Turn Right (12 '0' Clock)

## **TOUCH, HITCH, STEP X2, ROCK, RECOVER, ¼ SAILOR TURN**

- 17&18 Angling Body To Right Touch Left Toe Forward, Hitch Left, Step Forward On Left Alternative: Hip Walk  
19&20 Angling Body To Left Touch Right Toe Forward, Hitch Right, Step Forward On Right Alternative: Hip Walk  
21-22 Rock Forward On Left, Recover On Right  
23&24 Step Back On Left, Making ¼ Turn Right Step Right To Right, Step Forward On Left (3 '0' Clock)

## **TOUCH,STEP, HEEL,STEP, ¼ POINT, ½ PADDLE TURN, STEP, TOUCH, HITCH, CROSS**

- 25&26 Touch Right Toe By Left Instep, Step Back On Right, Touch Left Heel Forward  
&27-28 Step Left By Right, Step Forward On Right, Making ¼ Turn Right Point Left To Left (6'0' Clock)  
29&30 Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left To Left, (12 '0' Clock)  
&31&32 Step Left By Right, Touch Right To Right, Hitch Right, Cross Right Over Left

## **POINT, CROSS, BACK LOCK STEP, COASTER STEP ¼ ROCK, RECOVER, CROSS**

- 33-34 Point Left To Left, Cross Left Over Right  
35&36 Step Back On Right, Lock Left Over Right, Step Back On Right  
37&38 Step Back On Left, Right By Left, Forward On Left  
39&40 Making ¼ Turn Left Rock Right To Right, Recover On Left, Cross Right Over Left (9 '0' Clock)

## **ROCK, RECOVER, BEHIND, ¼ TURN, STEP, LOCK STEP, CROSS UNWIND ¾**

- 41-42 Rock Left To Left, Recover On Right  
43&44 Cross Left Behind Right, Make ¼ Turn Right Step Right To Right, Step Forward on Left (12 '0' Clock)  
45&46 Step Forward on Right, Lock Left Over Right, Step Forward On Right  
47-48 Cross Left Over Right, Unwind ¾ Turn Right (9 '0' Clock)

## START AGAIN

**\*\* Add Tag Here At End Of Fifth Wall**

**Tag: At End Of Fifth Wall Facing 9 '0' Clock Simply Add**

1-2                      Rock Right To Right, Recover On Left Then Restart From Step ONE - Lunge

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