

# Moving On

COPPER KNOB  
BY STEPHEN HETS

拍数: 32                      墙数: 4                      级数: Advanced Beginner  
编舞者: William Sevone (UK) - March 2015  
音乐: Moving On - The Overtones : (Album: Soul Music - iTunes / Amazon)



**Choreographers note:-** The dance is tight, fast and to re-create the authentic 'floating' effect associated with this particular genre of 60's dancing, it is best performed (for the most part) with weight on the balls of the feet.

Any arm styling is to be free and easy/freestyle – each dancer using as required. Just 'go with the flow'.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on count 16 from the start of music – 2 counts/beats prior the vocals.

## S1: 2x Slow Sailor. Behind-Together (Part Slow Sailor) (12:00)

- 1 – 2                      Cross right behind left. Step left to next to right.
- 3 – 4                      Step right to right side. Cross left behind right.
- 5 – 6                      Step right next to left. Step left to left side.
- 7 – 8                      Cross right behind Left. Step left next to right.

**General note:** □ When learning/teaching it will be easier to include count 9 to make 3 Slow Sailor's.

## S2: Side (Finish Slow Sailor). 1/2 Together. 2x Push-Recover-Side (6:00)

- 9                              Step right to right side.
- 10                             Turn ½ left (6) & step left next to right.
- 11 – 12                     leaning slightly back - Push right diagonally forward left. Recover onto left.
- 13                             Step right to right side.
- 14 – 15                     leaning slightly back - Push left diagonally forward right. Recover onto right.
- 16                             Step left to left side

## S3: Fwd. 1/2 Pivot. 1/4 Side. 3/4 Fwd. Push. Recover. 1/2 Fwd. Fwd (6:00)

- 17 – 18                     Step forward onto right. transferring weight to left - Pivot ½ left (12)
- 19 – 20                     Turn ¼ left (9) & step right to right side. Turn ¾ left (12) & step forward onto left.
- 21 – 22                     leaning slightly back - Push forward onto right. Recover onto left.
- 23 – 24                     Turn ½ right (6) & step forward onto right. Walk forward onto left.

## S4: Fwd. Fwd. Push. Recover. 1/8 Slow Sailor. 1/8 Side (9:00)

- 25 – 26                     Walk forward: Right. Left
- 27 – 28                     leaning slightly back - Push right diagonally forward left. Recover onto left.
- 29 – 30                     Cross right behind left. Step left next to right.
- 31 – 32                     Turn 1/8 right (7.30) & step right to right side. Turn 1/8 right (9) & step left to left side.

## DANCE FINISH

The dance will finish on count 32 of the 11th wall facing 3:00. There is a 8 count Finale at the end of the wall.. this will make the dancer finish facing 12:00 (home wall)

After Count 32..

- 1 – 2                      Cross right behind left. Touch left to left side.
- 3 – 4                      Turn ¼ left (12) & step left next to right. Touch right toe backward.
- 5 – 6                      Step right next to left. Cross left over right with arms folded
- 7 – 8                      Hold position for 2 counts.