

Moving On

拍数: 40 墙数: 4 级数: Intermediate WCS
编舞者: Magali CHABRET (FR) - May 2017
音乐: Moving On and Getting Over - John Mayer : (CD: The Search For Everything)



#8+16 counts intro

S1 : 2 WALKS, KICK BALL POINT, BALL HEEL, BALL TOUCH, L COASTER STEP

1-2 Step Rf forward – step Lf forward
3&4 Kick Rf forward – step ball of Rf next to Lf – point Lf to side
&5&6 Step ball of Lf next to Rf – touch right heel forward – step Rf beside Lf – touch left toe beside Rf
7&8 Step back on Lf – step Rf next to Lf – step Lf forward

S2 : PIVOT ½ TURN L, TRIPLE STEP FWD, PIVOT ½ TURN R, FRENCH CROSS ½ TURN R

1-2 Step Rf forward – pivot 1/2 turn left (6:00)
3&4 Step Rf forward – step Lf beside Rf – step Rf forward
5-6 Step Lf forward – pivot 1/2 turn right (12:00)
7&8 1/4 turn right stepping Lf to left side – cross Rf over Lf – 1/4 turn right stepping back on LF (6:00)

S3 : ¼ TURN R, CROSS, HEEL DIG TWICE, SYNCOPATED JAZZ BOX ¼ TURN R, HEEL JACK

&1 1/4 turn right stepping Rf to side – cross Lf over Rf (9:00)
&2 Small Hitch with right knee – Dig right heel diagonally right forward
&3 **□ Small Hitch with right knee – Dig right heel diagonally right forward

Note : right shoulder rises during the hitch, left shoulder rises during the dig (right shoulder goes down)

**** Tag & Restart here, wall 5**

4-5&6 Cross Rf over Lf – 1/4 turn right stepping back on Lf – step Rf to side – cross Lf over Rf (12:00)
&7&8 Step Rf diagonally back – touch left heel forward – step down on Lf – touch Rf next to Lf

S4 : ¼ TURN L with 2 WALKS BACK, COASTER STEP BALL STEP, SWIVEL ¼ TURN L, RECOVER, ¼ TURN R with POINT

1-2 1/4 turn left stepping back on Rf (raise left toe) – step back on Lf (raise right toe) (9:00)
3&4 Step back on Rf – step Lf next to Rf – step Rf forward
&5 Step ball of Lf next to Rf – step Rf forward
6-7 Swivel both heels with 1/4 turn left – swivel both heels with 1/4 turn right, taking weight on Rf (9:00)
8 1/4 turn right point left toe to side (12:00)

S5 : SWITCH, SIDE ROCK, R SAILOR STEP, BEHIND SIDE TOUCH, ¼ TURN L, PIVOT ½ TURN L

&1-2 Step Lf next to Rf – Rock Rf to right side – recover onto Lf
3&4 Step ball of Rf behind Lf – step ball of Lf to side – step Rf to side
5&6 Step Lf behind Rf – step Rf to side – touch Lf beside Rf
7&8 1/4 turn left stepping Lf forward – step ball of Rf forward – 1/2 turn left stepping Lf forward (3:00)

**Tag & Restart: during wall 5, dance 19 counts (Dig twice) then add one Dig on your right heel (&4).
Restart facing 9:00**

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.

Site - www.galichabret.com

