

On The Move

拍数: 40 墙数: 4 级数: Improver
编舞者: Tracy Walters (CAN) - March 2018
音乐: You're Easy On the Eyes - Terri Clark



Also: "I Can Love You Better" by the Dixie Chicks,
Or: "Movin' On" by the Rankins

Shuffle-Steps with a Jazz Box

- 1&2. Shuffle-step forward (step right foot forward, step left foot next to right foot, step right foot forward)
- 3&4. Shuffle-step forward (step left foot forward, step right foot next to left foot, step left foot forward)
- 5. Step right foot across left foot
- 6. Step left foot back
- 7. Step right foot forward, making a ¼ turn to the right
- 8. Step left foot next to right foot

Charlestons

- 9. Step right foot forward
- 10. Kick left foot forward and clap
- 11. Step left foot back
- 12. Tap right toes back and clap
- 13-16. Repeat steps 9-12

Right Grapevine with Crossover, Heel and Toe Taps

- 17. Step right foot to the side
- 18. Step left foot behind right foot
- &. Step right foot to the side and slightly back
- 19. Step left foot across right foot
- 20. Step right foot to the side
- 21,22. Tap left heel forward twice
- 23,24. Tap left toes back twice

Left Grapevine with Crossover, Heel and Toe Taps

- 25. Step left foot to the side
- 26. Step right foot behind left foot
- &. Step left foot to the side and slightly back
- 27. Step right foot across left foot
- 28. Step left foot to the side
- 29,30. Tap right heel forward twice
- 31,32. Tap right toes back twice

Crossover with ¼ Turn, Crossover, ¼ Turn, Stomps

- 33. Step right foot forward, making a ¼ turn to the right
- 34. Tap left toes to the side
- 35. Step left foot across right foot
- 36. Tap right toes to the side
- 37. Step right foot across left foot
- 38. On ball of right foot, pivot ¼ turn to the right and bring left foot up
- 39. Stomp left foot
- 40. Stomp right foot (keep weight on left foot)

Begin Again!
