

Moving On

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Sophie Ruhling (FR) - March 2019
音乐: Moving On Never Felt So Good (feat. Chris Carmack) - Nashville Cast



#16 count intro – CW - 1 RESTART - 1 ENDING

Based on the dance Human After All choreographed by Sophie Ruhling in June 2017 but with 48 counts, 1 Restart and no Tag

SECT.1 : WALK R, WALK L, MAMBO STEP R FWD, BACK L, BACK R, ANCHOR STEP L

1-2 walk R, walk L
3&4 mambo step R fwd, recover onto L, step R in place
5-6 back L, back R
7&8 back L in place with triple step in place L-R-L (weight on L)

SECT.2 : STEP R, CROSS L BEHIND, TRIPLE STEP TO R SIDE, CROSS ROCK L OVER R, TRIPLE STEP TO L SIDE WITH 1/4 TURN L

1-2 step R to R side, cross L behind R
3&4 step R to R side, step L beside R, step R to R side
***ending here wall 9 (3.00): add 1/4 turn L walk L**
5-6 rock step L crossed over R, recover onto R
7&8 step L to L side, step R beside L, 1/4 turn L walk L (9.00)

SECT.3 : SWEEP R FWD STEP R, SWEEP L FWD STEP L, KICK BALL CROSS, 1/4 TURN R STEP R, 1/4 TURN R STEP L, SAILOR STEP R WITH 1/4 TURN R

1-2 sweep R fwd and walk R, sweep L fwd and walk L
3&4 kick R fwd, step R ball in place, cross L over R
5-6 1/4 turn R walk R, 1/4 turn R step L to L side (3.00)
7&8 cross R behind L, 1/4 turn R step L to L side, step R to R side (6.00)

SECT.4 : BIG STEP L TO L SIDE, SLIDE R, COASTER STEP R BACK, TOUCH L, KICK L, TOUCH L, TRIPLE STEP L FWD

1-2 big step L to L side, slide R beside L (weight on L)
3&4 back R, back L beside R, walk R
5&6 touch L beside R, kick L fwd, touch L beside R (weight on R)
7&8 walk L, walk R beside L, walk L

***Restart here wall 7 (12.00)**

SECT.5 : MAMBO CROSS R & L, ROCK STEP R FWD, 1/4 TURN R TRIPLE STEP TO R SIDE

1&2 mambo R to R side, recover onto L in place, cross R over L
3&4 mambo L to L side, recover onto R in place, cross L over R
5-6 rock step R fwd, recover on L
7&8 1/4 turn R step R to R side, step L beside R, step R to R side (9.00)

SECT.6 : HIP BUMP FWD L & R, STEP 1/2 TURN R, TRIPLE STEP L FWD

1&2 walk L with hip bump L, hip bump R, hip bump L (weight on L)
3&4 walk R with hip bump R, hip bump L, hip bump R (weight on R)
5-6 walk L, 1/2 turn R (weight on R) (3.00)
7&8 walk L, walk R beside L, walk L

