

# Movin' On

COPPER KNOB  
BY STEPHEN HETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Daniel Clément (BEL) - August 2019  
音乐: Movin' On - Robynn Shayne



Intro :16 counts

**[1-8] Heel 2X Right, Coaster step – Heel 2X Left, Sailor step 1/4 Turn**

1-2-3&4            Tap R heel forward (X2) – Step back on R – L together - R forward  
5-6-7&8            Tap L heel forward (X2) – Cross L behind R - 1/4 turn L, Step R to R – Step L forward (9 :00)

**[9-16] Heel Jacks – Ball step backward - L back - R back - L Together - R Forward**

1&2&            Cross R over L - L back at slight angle - Tap R heel diagonal forward - R together  
3&4&            Cross L over R - R back at slight angle - Tap L heel diagonal forward - L together  
5-6-7&8            Step back on R – Step back on L – Step back on R - L Together- R forward

**\*\*\*Tag 2 & Restart**

**[&17-24] Ball step forward, Touch - Step turn 1/4 R, Step forward – (Hitch - Cross shuffle X2)**

&1-2            L together - R forward - Touch L next R

**\*\*\*Tag3 & Restart**

3&4            L forward - 1/4 turn R - L forward (12 :00)  
&5&6            Hitch R knee - Cross R over L - Step L on L - Cross R over L  
&7&8            Hitch L knee - Cross L over R - Step R on R - Cross L over R

**[25-32] Jazzbox 1/4 Turn - Skips Backward**

1-2-3-4            Cross R over L - Step back on L - 1/4 turn R, step R on R - L together (3 :00)  
5&6&            Step back on R - Hop back on R - Step back on L - Hop back on L  
7&8            Step back on R - Hop back on R - Step back on L

**TAG 1 : End of wall 1 (3 :00), wall 2 (6 :00), wall 5 (9 :00) wall 6 (12 :00)**

1-2            Heel Bounces  
&1&2            Up R heel – Down R heel (X2) (Toe on the floor)

**TAG 2 & RESTART : Wall 4 after 16 counts (6 :00)**

1-6            Out-Out – Apple Jacks  
1-2            L slightly on L diagonal – R slightly on R diagonal  
&3            With weight on L heel and R toe, swivel R heel & L toe to the L - Return to center  
&4            Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center  
&5            Change weight to R toe and L heel and swivel R heel & L toe to the L - Return to center  
&6            Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center

**Restart (6 :00)**

**TAG 3 & RESTART : Wall 8 after 18 counts (12:00)**

**[1-8] Side rock – Behind side cross L & R**

1-2-3&4            Rock L to L - Recover on R - Cross L behind R - Step R to R - Cross L over R  
5-6-7&8            Rock R to R - Recover on L - Cross R behind L - Step L to L - Cross R over L

**[9-16] Rock L forward – Shuffle 1/2 turn L – Rock R forward – Shuffle 1/2 turn R**

1-2            L rock forward - Recover on R  
3&4            1/4 turn L, step L to L - R together - 1/4 turn R, L forward  
5-6            R rock forward - Recover on L  
7&8            1/4 turn R, step R to R – L together – 1/4 turn L, R forward

**[17-20] Step L next R – Apple Jacks**

- 1 Step L next R
- &2 With weight on L heel and R toe, swivel R heel & L toe to the L - Return to center
- &3 Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center
- &4 Change weight to R toe and L heel and swivel R heel & L toe to the L - Return to center

**Restart (12 :00)**

**Ending : 12th wall, after 8 counts, heel jacks with 1/4 turn L, step L to L**

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