

Moving On Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ronny Palerud Larsen (NOR) - November 2021
音乐: Moving On Up - M People



Intro: 48 counts

[1-8] Rock, recover, sailor step, cross, side, touch, side

1,2 Step RF right, recover to LF
3&4 Step RF behind LF, step LF beside RF, step RF right
5,6 Cross LF in front of RF, step RF right
7,8 Touch LF behind RF, step LF left

[9-16] Cross, touch, cross, touch, jazzbox 1/4 turn

1,2 Cross RF in front of LF, touch LF left
3,4 Cross LF in front of RF, touch RF right
5,6 Cross RF in front of LF, turn 1/4 right stepping LF back
7,8 Step RF right, cross LF in front of RF

Note: Restarts here on wall 4 (facing 12:00) and 10 (facing 06:00)

[17-24] Diagonal step, lock, step, lock, step, cross, back chasse left

1,2 Step RF to right diagonal, lock LF behind RF
3&4 Step RF to right diagonal, lock LF behind RF, step RF to right diagonal
5,6 Cross LF over RF, step RF back squaring up to 03:00
7&8 Step LF left, step RF beside LF, step LF left

[25-32] Step 1/2 turn x2, rock forward, recover, rock back recover

1,2 Step RF forward, pivot 1/2 turn left ending weight on LF
3,4 Step RF forward, pivot 1/2 turn left ending weight on LF
5,6 Rock RF forward, recover to LF
7,8 Rock RF back, recover to LF

Start again and have fun!

Contact: stjskudd.ronny@gmail.com

Last Update - 3 Nov. 2021