

Sam's Movin' On

COPPERKNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Helaine Norman (USA) - May 2022
音乐: That's It, I Quit, I'm Movin' On - Sam Cooke



Intro: 16

Restart: 2 easy

Tag: 1 easy at end of dance

I. Step Touch, Lindy, Step Touch

1-2 Step R side, touch L together
3&4 Step L side, step R together, step L side
5-6 Rock R back, recover to L
7-8 Step R side, touch L together

II. Step Touch, Lindy, Step Touch

1-4 Step L side, touch R together
3&4 Step R side, step L together, step R side
5-6 Rock L ack, recover to R
7-8 Step L side, touch R together

III. Temptations, Hold; ¼ L Turn Temptations , Hold 9:00

1-4 Rock R diagonally forward, recover to L, rock R diagonally forward, hold
5-8 Making ¼ turn left rock L forward, recover to R, rock L forward, hold

Styling suggestion: With arms bent at elbows, push them forward and back

IV. Jazz Box; Kick Ball Change X2

1-2 Step R over, step L back
3-4 Step R side, step L together
5&6 Kick R forward, step R, step L
7&8 Kick R forward, step R, step L

RESTARTS: Wall 3 facing 3:00 & Wall 5 facing 9:00

V. Touches Out-In, Step, Hold; Touches Out-in, Step, Hold

1-2 Touch R side, touch R together
3-4 Step R forward, hold
5-6 Touch L side, touch L together
7-8 Step L forward, hold

TAG: End of wall 7 facing 6:00. Singer will sing the words "One more time."

Two suggested styling options for arm and hand for counts 3-4 and 7-8 (step forward, hold):

#1. With arm/hand on the same side as the "step forward, hold," turn palm down like you are motioning "I quit." Or,

#2. With arm and hand on the same side as the "step forward, hold," stretch arm forward with palm facing up and forward making a motion like "stop."

VI. V-Step; Walks Back X4

1-2 Step R diagonally, step L diagonally
3-4 Return R center, step L together
5-8 Walk back RLRL

Optional styling for 5-8: Backward steps with knee pops

REPEAT

TAG: Section V

Ending: After the tag which is a repeat of Section V on Wall 7 facing 6:00: Make 1/2 turn left by making four

1/8 paddle turns left = 8 counts to end at 12:00.

Helaine43@gmail.com

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