

Move On Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK)
音乐: Move On Up - Curtis Mayfield



2X SLOW SAILOR STEP, 2X SIDE ROCKS, (12:00)

- 1-2 Cross step left foot behind right, step right foot next to left
- 3 Step left foot to left side
- 4-5 Cross step right foot behind left, step left foot next to right
- 6 Step right foot to right side
- 7-8 Rock onto left foot, rock onto right foot

THE BOW VINE WITH TOUCH/POINTS (12:00)

- 9-10 Cross step left foot behind right, step right foot to right side
- 11-12 Cross step left foot over right, touch/point right toe to right side
- 13-14 Cross step right foot over left, step left foot to left side
- 15-16 Cross step right behind left, touch/point left toe to left side

Styling: finger clicks with toe touch/points

¼ LEFT SLOW FORWARD COASTER STEP, STEP FORWARD, ½ LEFT STEP BACKWARD, SLOW FORWARD COASTER STEP (3:00)

- 17-18 Turn ¼ left & step backward onto left foot, step right foot next to left
- 19 Step forward onto left foot
- 20-21 Step forward onto right foot, turn (on ball of right) ½ left & step backward on left foot
- 22-23 Step backward onto right foot, step left foot next to right
- 24 Step forward onto right foot

2X SHUFFLE FORWARD, PUSH STEP, STEP, ½ LEFT STEP FORWARD, PUSH STEP, (9:00)

- 25&26 (Short steps) step forward on left foot, close right foot next to left, step forward on left
- 27&28 (Short steps) step forward on right foot, close left next to right, step forward on right
- 29-30 Push step forward onto left foot, rock step onto right foot
- 31-32 Turn (on ball of right) ½ left & step forward on left foot, push step forward on right

REPEAT

DANCE FINISH

The dance (if using the original 1971 version) will finish on count 32 of the 14th wall facing the 6:00 position (which makes its ideal for an 'exit' off the dance floor)