

Movin'

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Vivienne Scott (CAN)
音乐: Movin' On - The Rankin Family



RIGHT ROCK STEPS TO SIDE, BEHIND

1-2 Rock to the side onto right foot, rock in place with left foot and clap
3-4 Rock behind the left foot onto the right foot, rock in place with left foot and clap
5-6 Rock to the side onto right foot, rock in place with left foot and clap
7-8 Rock behind the left foot onto the right foot, rock in place with left foot and clap

SHUFFLE TO THE RIGHT, ROCK LEFT FOOT BEHIND RIGHT

9&10 Side shuffle right, (right-left-right)
11-12 Rock behind the right foot onto the left foot, rock in place with right foot

LEFT ROCK STEPS TO SIDE, BEHIND

13-14 Rock to the side onto the left foot, rock in place with right foot and clap
15-16 Rock behind the right foot onto the left foot, rock in place with right foot and clap
17-18 Rock to the side onto the left foot, rock in place with right foot and clap
19-20 Rock behind the right foot onto the left foot, rock in place with right foot and clap

SHUFFLE TO THE LEFT, ROCK RIGHT FOOT BEHIND LEFT

21&22 Side shuffle left (left-right-left)
23-24 Rock behind the left foot onto the right foot, rock in place with left foot

RIGHT HEEL FORWARD AND HOLD, RIGHT TOE BEHIND AND HOLD, TWO ¼ TURNS

25-26 Place right heel straight forward, hold (clap optional)
27-28 Place right toe straight back, hold (clap optional)
29-30 Step forward with right foot, make ¼ to left
31-32 Step forward with right foot, make ¼ to left

RIGHT SHUFFLE FORWARD, WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE FORWARD

33&34 Right shuffle forward (right-left-right)
35-36 Walk forward left, right
37&38 Left shuffle forward (left-right-left)

TWO RIGHT KICK BALL CHANGES

39&40 Kick right foot forward, rock back onto ball of right foot, step forward onto left
41&42 Kick right foot forward, rock back onto ball of right foot, step forward onto left

TWO ¼ TURNS LEFT

43-44 Step forward with right foot, make ¼ turn to left
45-46 Step forward with right foot, make ¼ turn to left

FOUR TOE-HEEL STRUTS FORWARD WITH FINGER SNAPS

47-48 Step forward on right toe, place heel down and snap fingers
49-50 Step forward on left toe, place heel down and snap fingers
51-52 Step forward on right toe, place heel down and snap fingers
53-54 Step forward on left toe, place heel down and snap fingers

TWO CHUGS FORWARD WITH CLAPS

55-56 Jump forward with both feet, clap

57-58 Jump forward with both feet, clap (weight on right)

LEFT CROSS BEHIND RIGHT, HOLD, UNWIND $\frac{3}{4}$ TURN LEFT, (WEIGHT ON LEFT)

59-60 Cross left foot behind right foot, hold

61-62 Unwind $\frac{3}{4}$ turn left putting weight onto left (clap optional)

RIGHT SHUFFLE FORWARD, WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE FORWARD

63&64 Right shuffle forward (right-left-right)

65-66 Walk forward left, right

67&68 Left shuffle forward (left-right-left)

TWO RIGHT KICK BALL CHANGES

69&70 Kick right foot forward, rock back onto ball of right foot, step forward onto left

71&72 Kick right foot forward, rock back onto ball of right foot, step forward onto left

FOUR $\frac{1}{4}$ TURNS TO LEFT

73-74 Step forward with right foot, make $\frac{1}{4}$ turn to left

75-76 Step forward with right foot, make $\frac{1}{4}$ turn to left

77-78 Step forward with right foot, make $\frac{1}{4}$ turn to left

79-80 Step forward with right foot, make $\frac{1}{4}$ turn to left

REPEAT

The first "shuffle forward" coincides with the "Movin' On" chorus and when the dance starts again, it coincides with end of the chorus. This is a long dance, but with a lot of repetition.
