

# Movin'

**COPPER KNOB**  
STEPSHEETS

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.

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