

# Movin'

拍数: 40      墙数: 4      级数: Beginner  
编舞者: Virginia Tsui (CAN)  
音乐: Movin' - Jessica Jay



## STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

1-2      Step left foot forward, kick right foot forward  
3-4      Step right foot back, touch left toe back

## STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

5-6      Step left foot forward, kick right foot forward  
7-8      Step right foot back, touch left toe back

## SIDE LEFT, TOGETHER, SIDE, SIDE RIGHT, SLIDE TOGETHER

9&10      Step left foot to side left, step right foot next to left foot, step left foot to side left  
11-12      Step right foot to side right (a big step to side right), slide left foot next to right foot

## SHUFFLE FORWARD, STEP BACK, SLIDE TOGETHER

13&14      Step right foot forward, step left foot next to right foot, step right foot forward  
15-16      Step left foot back, slide right foot next to left foot

## COASTER STEP, STEP FORWARD, ROCK

17&18      Step left foot back, step right foot next to left foot, step left foot forward  
19-20      Step right foot forward, rock left foot in place

## COASTER STEP, STEP FORWARD, PIVOT ½ TURN RIGHT

21&22      Step right foot back, step left foot next to right foot, step right foot forward.  
23-24      Step left foot forward, pivot ½ turn right

## TOE - HEEL STRUT

25-26      Touch left toe forward, drop left heel to floor with weight  
27-28      Touch right toe forward, drop right heel to floor with weight

## SYNCOPATED STEP, KICK RIGHT SIDE, STEP, KICK LEFT

&29      Step left foot next to right foot, kick right foot out to side right  
&30      Step right foot next to left foot, kick left foot out to side left

## SYNCOPATED STEP, KICK FORWARD, STEP, KICK BACKWARD

&31      Step left foot next to right foot, kick right foot forward  
&32      Step right foot next to left foot, kick left foot backward

### Optional steps

&29      Step left foot next to right foot, touch right toe to side right  
&30      Step right foot next to left foot, touch left toe to side left  
&31      Step left foot next to right foot, touch right toe forward  
&32      Step right foot next to left foot, touch left toe back

## SHUFFLE LEFT FORWARD, SHUFFLE RIGHT FORWARD

33&34      Step left foot forward, step right foot next to left foot, step left foot forward  
35&36      Step right foot forward, step left foot next to right foot, step right foot forward

## STEP BACK, STEP BACK, TOUCH BACK & TURN ¼ LEFT, HOOK

37-38      Step left foot back, step right foot back

39-40            Touch left toe back & make a turn  $\frac{3}{4}$  turn left, hook left leg across front of right leg  
**Bend left knee & kick left heel to right across front of right leg**

**REPEAT**

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