

# Movin' On

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Phil Carpenter (UK)  
音乐: No One Needs to Know - Shania Twain



## LEFT ROCK FORWARD, RECOVER, COASTER CROSS, SIDE, BEHIND, CHASSE TO RIGHT

1-2      Left rock forward, right recover weight back  
3&4      Left step back, right step together with left, left cross over right  
5-6      Right step to right side, left cross behind right  
7&8      Right step to right side, left close next to right, right step to right side

## TOUCH TOE, HEEL DIG WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, ROCK FORWARD, RECOVER BACK, TOUCH BACK, ½ TURN RIGHT

9      Left foot touch toe next to right instep while turning body diagonally right  
10      Left heel dig while turning body ¼ turn left to face 9'o clock wall  
11&12      Left step forward, right step next to left, left step forward  
13-14      Right foot rock forward, recover weight on left  
15-16      Right foot touch back, ½ turn right transferring weight onto right

## SWIVEL ½ TURN LEFT, SWIVEL ½ TURN RIGHT, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, STEP TO RIGHT SIDE, HOLD

17-18      Swivel ½ turn left, swivel ½ turn right  
**For those dancers who do not wish to do the swivel turns on step 17-18, replace with rock back on the left, rock forward on the right**  
19-20      Left step forward, pivot ½ turn right (weight ends on right)  
21&22      Left step forward, right step beside left, left step forward  
23-24      Right step to right side, hold

## LEFT CROSS, POINT RIGHT, RIGHT CROSS, UNWIND ½ TURN LEFT, LEFT KICK BALL WITH ¼ TURN TOUCH, RIGHT KICK BALL WITH ¼ TURN TOUCH

25-26      Left cross over right (weight on left), touch right toe to right side  
27-28      Right cross over left, unwind ½ turn left  
29      Kick left forward  
&      Step back on the ball of left while making ¼ turn left  
30      Touch right next to left (weight on left)  
31      Kick right forward  
&      Step back onto the ball of right foot while making ¼ turn left  
32      Touch left next to right (weight on right)

**REPEAT**

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