

Moving On!!

拍数: 80 墙数: 0 级数:
编舞者: Kevin S. Ward (USA)
音乐: Movin' On - The Rankin Family



VINE RIGHT, SCUFF, VINE LEFT, SCUFF

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, scuff left foot next to right
- 5-6 Step left foot to left side, step right foot behind left
- 7-8 Step left foot to left side, scuff right foot next to left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT, KICK-BALL-CHANGE TWICE

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3&4 Step left foot forward, step right foot next to left, step left foot forward
- 5&6 Kick right foot forward, step on ball of right foot, step left foot in place
- 7&8 Kick right foot forward, step on ball of right foot, step left foot in place

At the end of this eight counts you should be in a straight line with every other dancer facing the opposite direction.

STEP, SCUFFS MAKING ½ TURN TO THE RIGHT

- 1-2 Step right foot 1/8 turn to right, scuff left foot next to right
- 3-4 Step left foot 1/8 turn to right, scuff right foot next to left
- 5-6 Step right foot 1/8 turn to right, scuff left foot next to right
- 7-8 Step left foot 1/8 turn to right, scuff right foot next to left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT, ROCK STEPS

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3&4 Step left foot forward, step right foot next to left, step left foot forward
- 5-6 Rock step right foot forward, rock back on left
- 7-8 Rock step right foot back, recover on left

STEP PIVOT ½ TURN LEFT, ROCK STEPS, COASTER STEP, STEP, TOUCH

- 1-2 Step right foot forward, pivot ½ turn left
- 3-4 Rock step right foot forward, recover on left
- 5&6 Step right foot back, step left foot next to right, step right foot forward
- 7-8 Step left foot forward, step right foot next to left

MIRROR OF COUNTS 1-40

VINE LEFT, SCUFF, VINE RIGHT, SCUFF

- 1-2 Step left foot to left side, step right foot behind left
- 3-4 Step left foot to left side, scuff right foot next to left
- 5-6 Step right foot to right side, step left foot behind right
- 7-8 Step right foot to right side, scuff left foot next to right

SHUFFLE FORWARD LEFT-RIGHT-LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, KICK-BALL-CHANGE TWICE

- 1&2 Step left foot forward, step right foot next to left, step left foot forward
- 3&4 Step right foot forward, step left foot next to right, step right foot forward
- 5&6 Kick left foot forward, step on ball of left foot, step right foot in place
- 7&8 Kick left foot forward, step on ball of left foot, step right foot in place

STEP, SCUFFS MAKING ½ TURN TO THE LEFT

- 1-2 Step left foot 1/8 turn to left, scuff right foot next to left
- 3-4 Step right foot 1/8 turn to left, scuff left foot next to right
- 5-6 Step left foot 1/8 turn to left, scuff right foot next to left
- 7-8 Step right foot 1/8 turn to left, scuff left foot next to right

SHUFFLE FORWARD LEFT-RIGHT-LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, ROCK STEPS

- 1&2 Step left foot forward, step right foot next to left, step left foot forward
- 3&4 Step right foot forward, step left foot next to right, step right foot forward
- 5-6 Rock step left foot forward, rock back on right
- 7-8 Rock step left foot back, recover on right

STEP PIVOT ½ TURN RIGHT, ROCK STEPS, COASTER STEP, STEP, STEP

- 1-2 Step left foot forward, pivot ½ turn right
- 3-4 Rock step left foot forward, recover on right
- 5&6 Step left foot back, step right foot next to left, step left foot forward
- 7-8 Step right foot forward, step left foot next to right

REPEAT

Dance should be done in contra lines using windows (do not stand directly in front of the dancer facing you). When doing steps 17-24 hold up your right hand and place it against the right hand of the dancer to your right. (on the mirror half of the dance it will be the left hand during counts 57-64).

This dance can also be done using two (2) circles. If you have a group big enough you can make 2 circles rather than lines. If you are doing this you will do only the first 39 counts of the dance as written and then change the 40th count to a touch rather than a step. Then start over on count 1. Doing the dance this way will allow the dancers to change "partners" around the circle.
