

Moving On Up

拍数: 64 墙数: 2 级数:
编舞者: Charlotte Skeeters (USA)
音乐: Moving On Up - Scooter Lee



FORWARD, BACK, BACK, HOLD, CROSS, BACK, ¼ LEFT, HOLD

- 1-2 Right rock-step forward; left rock-step back
- 3-4 Right step back at slight angle right; hold
- 5-6 Left cross over right (still moving back); right step back
- 7-8 Left step side left into ¼ turn left; hold

FORWARD, SNAP HEEL, SIDE, SNAP heel, FORWARD, SNAP HEEL, SIDE, HOLD

Optional: Snap fingers on the heel snaps

- 1 Right step forward on ball of foot in front of left & bring left heel up
- 2 Snap left heel down (weight left)
- 3 Right step side right on ball of foot & bring left heel up
- 4 Snap left heel down (weight left)
- 5 Right forward on ball of foot in front of left & bring left heel up
- 6 Snap left heel down (weight left)
- 7-8 Right step side right (left stays in place); hold

Next 16 counts are exact mirror image of above 16 counts

FORWARD, BACK, BACK, HOLD, CROSS, BACK, ¼ LEFT, HOLD

- 1-2 Left rock-step forward; right rock-step back
- 3-4 Left step back at slight angle left; hold
- 5-6 Right cross over left (still moving back); left step back
- 7-8 Right step side right into ¼ turn right; hold

FORWARD, SNAP HEEL, SIDE, SNAP heel, FORWARD, SNAP HEEL, SIDE, HOLD

- 1 Left forward on ball of foot in front of right & bring right heel up
- 2 Snap right heel down (weight right)
- 3 Left step side left on ball of foot & bring right heel up
- 4 Snap right heel down (weight right)
- 5 Left forward on ball of foot in front of right & bring right heel up
- 6 Snap right heel down (weight right)
- 7-8 Left step side left (right stays in place); hold

RUN, RUN, RUN, HOP/SCOOT ¼ RIGHT, BACK, BACK, BACK, HOP/SCOOT

First 3 steps are meant to be done with short running strides forward

- & Optional styling: To launch the following running steps, bend right knee kicking heel up behind.
- 1-3 Run/step forward right; left; right
- 4 Hop/scoot forward on right starting ¼ turn right & bring left knee up
- 5-7 Finish the turn as you step back left; back right; back left
- 8 Hop/scoot forward on left as you bring right knee up

RUN, RUN, RUN, HOP/SCOOT ¼ RIGHT, BACK, BACK, BACK, HOP/SCOOT

- 1-6 Repeat above 1-6
- 7-8 Stomp left side left; hold & clap

"FULL COUNT" SAILOR SHUFFLES, HOLD/CLAP, SAILOR SHUFFLES, HOLD/CLAP

Sailor shuffles will progress slightly forward

1-4	Right cross behind left; left step side left; right step side right, hold/clap
5-8	Left cross behind right; right step side right; left step side left hold/clap
1-8	Repeat above 1-8

REPEAT
