

Move On

COPPER **NOB**
BY STEPHENETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Alan Birchall (UK) - March 2008
音乐: Move On - David Jordan : (CD: Set The Mood)



Start: On Lyrics

Seconds: 19 - Count : 16 From Start Of Heavy Beat (BPM: 103)

NOTE:

There is a long fade out on this track keep dancing throughout then end the dance facing the front wall at count 32

LUNGE, RECOVER, CROSS SHUFFLE, TOUCH, TWIST ¼, SAILOR STOMP

1-2 Lunge/Rock Right To Right, Recover On Left
3&4 Cross Right Over Left, Step Left To Left, Cross Right Over Left
5-6 Touch Left To Left, Twist ¼ Turn Left (9'0' Clock)
7&8 Cross Left Behind Right, Step Right To Right, Stomp Left To Left

CROSS, UNWIND, SIDE SHUFFLE, CROSS ROCK, RECOVER, ¼ SHUFFLE

9-10 Cross Right Over Left, Unwind Full Turn Left (9'0' Clock)
11&12 Step Left To Left, Right By Left, Step Left To Left
13-14 Cross Rock Right Over Left, Recover On Left
15&16 Step Right To Right, Left By Right Step Right To Right Making ¼ Turn Right (12 '0' Clock)

TOUCH, HITCH, STEP X2, ROCK, RECOVER, ¼ SAILOR TURN

17&18 Angling Body To Right Touch Left Toe Forward, Hitch Left, Step Forward On Left Alternative:
Hip Walk
19&20 Angling Body To Left Touch Right Toe Forward, Hitch Right, Step Forward On Right
Alternative: Hip Walk
21-22 Rock Forward On Left, Recover On Right
23&24 Step Back On Left, Making ¼ Turn Right Step Right To Right, Step Forward On Left (3 '0'
Clock)

TOUCH,STEP, HEEL,STEP, ¼ POINT, ½ PADDLE TURN, STEP, TOUCH, HITCH, CROSS

25&26 Touch Right Toe By Left Instep, Step Back On Right, Touch Left Heel Forward
&27-28 Step Left By Right, Step Forward On Right, Making ¼ Turn Right Point Left To Left (6'0'
Clock)
29&30 Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left To Left, (12 '0' Clock)
&31&32 Step Left By Right, Touch Right To Right, Hitch Right, Cross Right Over Left

POINT, CROSS, BACK LOCK STEP, COASTER STEP ¼ ROCK, RECOVER, CROSS

33-34 Point Left To Left, Cross Left Over Right
35&36 Step Back On Right, Lock Left Over Right, Step Back On Right
37&38 Step Back On Left, Right By Left, Forward On Left
39&40 Making ¼ Turn Left Rock Right To Right, Recover On Left, Cross Right Over Left (9 '0'
Clock)

ROCK, RECOVER, BEHIND, ¼ TURN, STEP, LOCK STEP, CROSS UNWIND ¾

41-42 Rock Left To Left, Recover On Right
43&44 Cross Left Behind Right, Make ¼ Turn Right Step Right To Right, Step Forward on Left (12
'0' Clock)
45&46 Step Forward on Right, Lock Left Over Right, Step Forward On Right
47-48 Cross Left Over Right, Unwind ¾ Turn Right (9 '0' Clock)

START AGAIN

**** Add Tag Here At End Of Fifth Wall**

Tag: At End Of Fifth Wall Facing 9 '0' Clock Simply Add

1-2 Rock Right To Right, Recover On Left Then Restart From Step ONE - Lunge
