

Moving On

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hans Palm (SWE) - December 2013
音乐: Moving On - Sarah Dawn Finer : (Album: Moving On - 3:05)



Intro: 8 counts of piano instrumental

S1: BASIC NIGHT CLUB STEP R, STEP L & TURN L ½ + ¾, STEP FW and BACK, ROCK R FW RECOVER ¼ R & FULL TURN R

1,2& Step R to R side (1), step L behind R (2), cross R over L (&)
3,4& Step L to L side, looking left to prepare for L turn (3), turn ½ L stepping on R (4) 6:00, turn ¾ L stepping on L (&) 9:00
5&6& Step R forward (5), step L next to R (&), step R back (6), step L next to R (&)
7&8& Rock R forward, preparing for R turn (7), push away from R and recover back on L while turning ¼ R (&) 12:00, turn ½ R stepping on R (8) 6:00, turn ½ R stepping on L (&) 12:00

S2: BASIC R, L ROCK/RECOVER CROSS L OVER R & TURN ½ L, BASIC L, FULL TURN R & CROSS L OVER R

1,2& Step R to R side (1), step L behind R (2), cross R over L (&)
3&4& Rock L to L side (3), recover on R next to L (&), cross L over R (4), step R while turning ½ L (&) 6:00
5,6& Step L to L side (5), step R behind L (6), cross L over R (&)
7&8& Step R to R side (7), turn ½ R on L (&) 12:00, turn ½ R on R (8) 6:00, cross L over R (&)

S3: BASIC R, WALK L R, L BACK WITH SWEEP R BEHIND L & SIDE L, CROSS ROCK RECOVER & TURN ½ R

1,2& Step R to R side (1), step L behind R (2), cross R over L (&)
3,4 Walk L (3), walk R (4)
5,6& Step L back with sweep on R front to back (5), step R behind L (6), step L slightly to L side (&)
7,8& Cross rock R over L (7), recover on L (8), turn ½ R on R (&) 12:00

S4: BASIC L, ¼ R + FULL TURN R, ½ R TO R COASTER STEP, WALK L

1,2& Step L to L side (1), step R behind L (2), cross L over R (&)
3,4& Turn ¼ R on R (3) 3:00, turn ½ R on L (4) 9:00, turn ½ R on R (&) 3:00
5,6& Turn ½ R and back on L (5) 9:00, step back on R (6), step L next to R (&)
7,8 Walk R (7), walk L (8)

TAGS: -

After wall 1: Sway R (9), L (10)

After wall 2: Sway R (9), L (10), R (11), L (12)

RESTARTS:-

Wall 3: Instead of cross rock on count 7 in section 3, cross step R over left (7), rock L to side (&), recover R next to L (8), cross L over R (&) preparing to Restart with basic R

Wall 5: Restart with basic R on count 7 in section 3 instead of cross rock

ENDING (wall 7)

Ending is similar to counts 3&4& in section 2 but without turning and then finishing with step L to side, all steps facing front wall (12:00). Last two steps accented (&5) with arms R and L to side.

3&4&5 Rock L to L side (3), recover on R next to L (&), cross L over R (4), accented step R to side with R arm to R (&), accented step L to side with L arm to L (5)

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