

Move On

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Annette Haslund (DK) - August 2018
音樂: Move On - Sing Sing Sing : (iTunes, Spotify)



Intro (16 count)

POINT & POINT & POINT, TOUCH, ROCK STEP, COASTER STEP

1&2& Point R to R, step R together, point L to L, step L together,
3 - 4 Point R to R, touch R beside L (2*)
5 - 6 Rock R forward, recover on L
7&8 Step R back, step L together, step R forward

POINT & POINT & POINT, TOUCH, ROCK STEP, COASTER STEP

1&2& Point L to L, step L together, point R to R, step R together,
3 - 4 Point L to L, touch L beside R (1*)
5 - 6 Rock L forward, recover on R
7&8 Step L back, step R together, step L forward

SHUFFLE FORWARD, STEP ½ TURN, SHUFFLE FORWARD, STEP ½ TURN

1&2 Step R forward, step L together, step R forward
3 - 4 Step L forward, ½ turn R (weight on R) (6 O'clock)
5&6 Step L forward, step R together, step L forward
7 - 8 Step R forward, ½ turn L (weight on L) (12 O'clock)

STEP ¼ TURN, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1 - 2 Step R forward, ¼ turn R (weight on L) (9 O'clock)
3&4 Cross R over L, step L to L, cross R over L
5 - 6 Step L to L, recover on R
7&8 Step L behind R, step R to R, cross L over R

RESTART THE DANCE AND HAVE FUN

(1*) TAG 1 On Wall 3 (6 O'clock):

Dance the first 11 counts then replace "touch L beside R" with "step L together" - restart the dance

(2*) TAG 2 On Wall 7 (9 O'clock) after the first 4 counts:

1 - 2 Point R to R, touch R beside L - restart the dance

ENDING ON WALL 9

Dance the first 14 counts make a ½ turn left stepping L forward and let the music fade at 12 O'clock

Contact: ahfpost-dance@yahoo.dk

<https://www.facebook.com/singsingsing.dk/videos/1852058558166369/UzpfSTYwNzA1MTUwNDoxMDE1NjUxOTEzNDcxNjUwNQ/?q=sing%20sing%20sing>

Last Update - 4th Aug. 2018