

# Moving On

COPPER KNOB  
STEPSHETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Sophie Ruhling (FR) - March 2019  
音樂: Moving On Never Felt So Good (feat. Chris Carmack) - Nashville Cast



## #16 count intro – CW - 1 RESTART - 1 ENDING

Based on the dance Human After All choreographed by Sophie Ruhling in June 2017 but with 48 counts, 1 Restart and no Tag

### SECT.1 : WALK R, WALK L, MAMBO STEP R FWD, BACK L, BACK R, ANCHOR STEP L

1-2            walk R, walk L  
3&4            mambo step R fwd, recover onto L, step R in place  
5-6            back L, back R  
7&8            back L in place with triple step in place L-R-L (weight on L)

### SECT.2 : STEP R, CROSS L BEHIND, TRIPLE STEP TO R SIDE, CROSS ROCK L OVER R, TRIPLE STEP TO L SIDE WITH 1/4 TURN L

1-2            step R to R side, cross L behind R  
3&4            step R to R side, step L beside R, step R to R side  
**\*ending here wall 9 (3.00): add 1/4 turn L walk L**  
5-6            rock step L crossed over R, recover onto R  
7&8            step L to L side, step R beside L, 1/4 turn L walk L (9.00)

### SECT.3 : SWEEP R FWD STEP R, SWEEP L FWD STEP L, KICK BALL CROSS, 1/4 TURN R STEP R, 1/4 TURN R STEP L, SAILOR STEP R WITH 1/4 TURN R

1-2            sweep R fwd and walk R, sweep L fwd and walk L  
3&4            kick R fwd, step R ball in place, cross L over R  
5-6            1/4 turn R walk R, 1/4 turn R step L to L side (3.00)  
7&8            cross R behind L, 1/4 turn R step L to L side, step R to R side (6.00)

### SECT.4 : BIG STEP L TO L SIDE, SLIDE R, COASTER STEP R BACK, TOUCH L, KICK L, TOUCH L, TRIPLE STEP L FWD

1-2            big step L to L side, slide R beside L (weight on L)  
3&4            back R, back L beside R, walk R  
5&6            touch L beside R, kick L fwd, touch L beside R (weight on R)  
7&8            walk L, walk R beside L, walk L

**\*Restart here wall 7 (12.00)**

### SECT.5 : MAMBO CROSS R & L, ROCK STEP R FWD, 1/4 TURN R TRIPLE STEP TO R SIDE

1&2            mambo R to R side, recover onto L in place, cross R over L  
3&4            mambo L to L side, recover onto R in place, cross L over R  
5-6            rock step R fwd, recover on L  
7&8            1/4 turn R step R to R side, step L beside R, step R to R side (9.00)

### SECT.6 : HIP BUMP FWD L & R, STEP 1/2 TURN R, TRIPLE STEP L FWD

1&2            walk L with hip bump L, hip bump R, hip bump L (weight on L)  
3&4            walk R with hip bump R, hip bump L, hip bump R (weight on R)  
5-6            walk L, 1/2 turn R (weight on R) (3.00)  
7&8            walk L, walk R beside L, walk L

