

Moving On

拍數: 48
編舞者: CeeJay Browne - March 2019
音樂: I'm Movin' On - Rascal Flatts

牆數: 2

級數: Intermediate waltz



Also: Back to Life by Rascal Flatts

*1 Restart on wall 4 after 36 counts (6 o/c)

*1 Long Tag at end of Wall 6 (6 o/c – instrumental)

Wait 24 counts

Start Intro Steps (with violins): 24 counts (see end of step sheet)

Start main dance on vocals

STEP LARGE L, DRAG R, ¼ R, ½ R, ¼ R (FULL TURN R)

1,2,3, Step large step L to L, drag R to meet L

4,5,6 Turn ¼ R onto R, turn ½ R onto L, turn ¼ R onto R 12 o/c

Non turning option: 4,5,6 Side R, L behind R, Side R

CROSS STEP L, POINT R, CROSS UNWIND FULL TURN L,

1,2,3, Cross step L over R, Point R to R, hold

4,5,6, Cross R over L, unwind full turn L (weight on L) 12 o/c

Non turning option: 4,5,6 small steps back R, back L, touch R next to L

STEP LARGE R, DRAG L, STEP L BACK, SWEEP R

1,2,3 Step large step R to R, drag L to meet R

4,5,6 Step L back, Sweep R from front to back

STEP R BACK, SWEEP L, L SAILOR ½ TURN L

1,2,3, Step R back, Sweep L from front to back

4,5,6 Swing L behind R turning ½ L, step R to R, step L to L (1/2 turning sailor) 6 o/c

ROCK R FWD, REC L, TURN ¼ R ONTO R, CROSS ROCK L, REC R, L TO L SIDE

1,2,3, Rock R forward, recover back onto L, turn ¼ R onto R 9 o/c

4,5,6, Cross rock L over R, recover onto R, step L to L side

ROCK R FWD, REC L, TURN ¼ R ONTO R, CROSS L OVER R, R TO R SIDE, DRAG L

1,2,3 Rock R forward, recover back onto L, turn ¼ R onto R 12 o/c

4,5,6 Cross step L over R, Step R to R side, drag L to meet R

* Restart on Wall 4 here, 6 o/c

ROLL FULL TURN L, SWEEP R ROUND (OR TOUCH/TOUCH R), STEP BACK R

1,2,3, Step ¼ L onto L, step ½ L onto R, step ¼ L onto L, 12 o/c

4,5,6 Sweep R round (side,front,back; OR touch R next to L twice), step back onto R

ROCK BACK L, REC R, TURN ½ R ONTO L, STEP BACK R, DRAG L

1,2,3, Rock back onto L, recover forward onto R, turn ½ R onto L 6 o/c

4,5,6, Step large step back onto R, drag L to meet R

Start again!

At the end of Wall 6 (6 o/c) there is long tag : [(or bridge), to fit the music - instrumental]

LONG TAG:

SWAY L, SWAY R

1,2,3, Sway L
4,5,6, Sway R

BASIC FWD, BASIC BACK

1,2,3 Step fwd L, step R next to L, step L next to R
4,5,6, Step back R, step L next to R, step R next to L

BASIC ½ TURN L, BASIC BACK,

1,2,3 Step forward L turning ¼ L, step R turning ¼ L, step L next to R
4,5,6 Step R back, step L next to R, step R next to L

BASIC ½ TURN L, BASIC BACK,

1,2,3 Step forward L turning ¼ L, step R turning ¼ L, step L next to R
4,5,6 Step R back, step L next to R, step R next to L

ROCK L, REC R, CROSS L OVER R, STEP R TO R, DRAG L

1,2,3 Rock L to L side, recover onto R, Cross L over R
4,5,6, Step R to R side, drag L to meet R

Start again!

INTRO STEPS**BASIC FWD, BASIC BACK**

1,2,3 Step fwd L, step R next to L, step L next to R 12 o/c
4,5,6, Step back R, step L next to R, step R next to L

BASIC ½ TURN L, BASIC BACK,

1,2,3 Step forward L turning ¼ L, step R turning ¼ L, step L next to R 6 o/c
4,5,6 Step R back, step L next to R, step R next to L

BASIC ½ TURN L, BASIC BACK,

1,2,3 Step forward L turning ¼ L, step R turning ¼ L, step L next to R 12 o/c
4,5,6 Step R back, step L next to R, step R next to L

ROCK L, REC R, CROSS L OVER R, STEP R TO R, DRAG L

1,2,3 Rock L to L side, recover onto R, Cross L over R 12 o/c
4,5,6, Step R to R side, drag L to meet R

Start Dance ...
