

Movin' On

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Daniel Clément (BEL) - August 2019
音樂: Movin' On - Robynn Shayne



Intro :16 counts

[1-8] Heel 2X Right, Coaster step – Heel 2X Left, Sailor step 1/4 Turn

1-2-3&4 Tap R heel forward (X2) – Step back on R – L together - R forward
5-6-7&8 Tap L heel forward (X2) – Cross L behind R - 1/4 turn L, Step R to R – Step L forward (9 :00)

[9-16] Heel Jacks – Ball step backward - L back - R back - L Together - R Forward

1&2& Cross R over L - L back at slight angle - Tap R heel diagonal forward - R together
3&4& Cross L over R - R back at slight angle - Tap L heel diagonal forward - L together
5-6-7&8 Step back on R – Step back on L – Step back on R - L Together- R forward

*****Tag 2 & Restart**

[&17-24] Ball step forward, Touch - Step turn 1/4 R, Step forward – (Hitch - Cross shuffle X2)

&1-2 L together - R forward - Touch L next R

*****Tag3 & Restart**

3&4 L forward - 1/4 turn R - L forward (12 :00)
&5&6 Hitch R knee - Cross R over L - Step L on L - Cross R over L
&7&8 Hitch L knee - Cross L over R - Step R on R - Cross L over R

[25-32] Jazzbox 1/4 Turn - Skips Backward

1-2-3-4 Cross R over L - Step back on L - 1/4 turn R, step R on R - L together (3 :00)
5&6& Step back on R - Hop back on R - Step back on L - Hop back on L
7&8 Step back on R - Hop back on R - Step back on L

TAG 1 : End of wall 1 (3 :00), wall 2 (6 :00), wall 5 (9 :00) wall 6 (12 :00)

1-2 Heel Bounces
&1&2 Up R heel – Down R heel (X2) (Toe on the floor)

TAG 2 & RESTART : Wall 4 after 16 counts (6 :00)

1-6 Out-Out – Apple Jacks
1-2 L slightly on L diagonal – R slightly on R diagonal
&3 With weight on L heel and R toe, swivel R heel & L toe to the L - Return to center
&4 Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center
&5 Change weight to R toe and L heel and swivel R heel & L toe to the L - Return to center
&6 Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center

Restart (6 :00)

TAG 3 & RESTART : Wall 8 after 18 counts (12:00)

[1-8] Side rock – Behind side cross L & R

1-2-3&4 Rock L to L - Recover on R - Cross L behind R - Step R to R - Cross L over R
5-6-7&8 Rock R to R - Recover on L - Cross R behind L - Step L to L - Cross R over L

[9-16] Rock L forward – Shuffle 1/2 turn L – Rock R forward – Shuffle 1/2 turn R

1-2 L rock forward - Recover on R
3&4 1/4 turn L, step L to L - R together - 1/4 turn R, L forward
5-6 R rock forward - Recover on L
7&8 1/4 turn R, step R to R – L together – 1/4 turn L, R forward

[17-20] Step L next R – Apple Jacks

- 1 Step L next R
- &2 With weight on L heel and R toe, swivel R heel & L toe to the L - Return to center
- &3 Change weight to L toe and R heel and swivel L heel & R toe to the R - Return to center
- &4 Change weight to R toe and L heel and swivel R heel & L toe to the L - Return to center

Restart (12 :00)

Ending : 12th wall, after 8 counts, heel jacks with 1/4 turn L, step L to L
