

# Movin' On (Chair Dance)

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 0      級數: Advanced Chair dance  
編舞者: Rita Ensminger (USA) - August 2019  
音樂: Bright Lights, Big City - Sonny James



Alt. music: Jack The Wack by Mojo Blues Band

## ROCKING CHAIR, POINT STEPS

1-4            R forward, L in Place, R Back, L In Place  
5-8            R point side, R step together, L point side, L step together

## SWIVELS AND HEEL STEPS

1-2            Swivel heels to right, swivel heels to left  
3-4            Swivel heels to right, swivel heels to left  
5-8            R heel forward, R step together, L heel forward, R step together

## KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

1-2            Cross R hand to left knee, cross L hand to right knee  
3-4            Cross R hand to left shoulder, Cross L hand to right shoulder  
5-6            With arms crossed nudge R shoulder forward twice  
7-8            With arms crossed nudge L shoulder forward twice

## KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

1-2            Cross R hand to left knee, cross L hand to right knee  
3-4            Cross R hand to left shoulder, Cross L hand to right shoulder  
5-6            With arms crossed nudge R shoulder forward twice  
7-8            With arms crossed nudge L shoulder forward twice

## JAZZ STEP

1-4            R cross forward, L step in place, R step next to left, hold  
5-8            L cross forward, R step in place, L step next to right, hold

## SAILOR STEPS

1&2            Cross R back behind left, L step side, R step fwd  
3&4            Cross L back behind right, R step side, L step fwd  
5&6            Cross R back behind left, L step side, R step fwd  
7&8            Cross L back behind right, R step side, L step fwd

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