

Moving On Up

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Alexandra Balzer (DE) - February 2020
音樂: Moving On Up - M People



Dance starts after 16 Counts - Restarts: at wall 5 and 9 after 16 Counts

[1-8] R Kick 2x, behind-side-cross, L Kick 2x, behind-side-cross

1,2 R Kick, Kick; Push both hands up and down at each Kick
3 & 4 RF behind LF, Step LF to L Side, Cross RF over LF
5, 6 L Kick, Kick; Push both hands up and down at each Kick
7 & 8 LF behind RF, step RF to R Side, Cross LF over RF

[9 – 16] ¼ Turn R, Lock step fwd, L Rock fwd, L Lock-step back, R Step Back, ½ Turn R + L Step fwd

1&2 ¼ Turn R, RF step fwd, LF cross behind RF, RF Step fwd
3, 4 L Rock fwd, Recover on RF
5&6 LF Step back, RF Cross over LF, LF Step back
7, 8 RF Step back, ½ Turn R stepping LF fwd (face 9:00)

[17 -24] R Rockstep, Coaster Step, L RockStep, Coaster Step

1, 2 RF Rock fwd, Recover on LF
3&4 RF Step back, LF next to RF, RF Step fwd
5, 6 LF Rock fwd, recover on RF
7&8 LF step back, RF next to LF, LF Step fwd

[25-32] Grapevine R, Rolling vine L

1-4 Step RF to R, LF behind RF, RF to R side, LF Touch next to RF
5-8 ¼ Turn L stepping LF fwd, ¼ Turn L stepping RF to R side, ½ Turn L stepping LF to L side,
 Touch RF next to LF

Start again.
