

# 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.

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