

# Moving on Up Cha

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: Moving On Up - M People



Intro : 48counts / Start on LF 10:30

\*Wall 2 after 45counts Tag 4counts and Restart

**\*Tag: 1/4 TURN R WITH SWEEP BACKWARDS, CROSS BEHIND, SIDE, TOGETHER**

6-7            LF Step 1/4 Turn R with RF Sweep Backwards(6:00)(6), RF Cross Behind(7)  
8&            LF Step L(8), RF Step Together(&)

**S1: WALKS X3, LOCK STEP FORWARD, ROCK, RECOVER, LOCK STEP BACKWARDS**

1            LF 1/8 Turn L with Step Forward(10:30)(1)  
2-3           RF Step Forward(2), LF Step Forward(3)  
4&5           RF Step Forward(4), LF Cross Behind(&), RF Step Forward(5)  
6-7           LF Step Forward(6), RF Recover(7)  
8&1           LF Step Backwards(8), RF Cross Over(&), LF Step Backwards(1)

**S2: ROCK BACK, RECOVER, LOCK STEP FORWARD, PIVOT 1/2 TURN R, LOCK STEP FORWARD**

2-3           RF Step Backwards(2), LF Recover(3)  
4&5           RF Step Forward(4), LF Cross Behind(&), RF Step Forward(5)  
6-7           LF Step Forward(6), RF 1/2 Turn R(4:30)(7)  
8&1           LF Step Forward(8), RF Cross Behind(&), LF Step Forward(1)

(\*Styling: count7 RF 1/2 Turn R with Flick)

**S3: CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE, CROSS, ROCK, SIDE ROCK, CROSS ROCK, SIDE**

2&3&           RF Step Forward(2), LF Recover(&), RF Step R(3), LF Recover(&)  
4&5           RF Cross Over(4), LF Recover(&), RF Step R with 1/8 Turn R(6:00)(5)  
6&7&           LF Cross Over(6), RF Recover(&), LF Step L(7), RF Recover(&)  
8&1           LF Cross Over(8), RF Recover(&), LF Step L

**S4: MAMBO STEP X2, CROSS OVER, 1/4 TURN R COASTER STEP, STEP FORWARD**

2&3           RF Cross Over(2), LF Recover(&), RF Step R(3)  
4&5           LF Cross Over(4), RF Recover(&), LF Step L(5)  
6            RF Cross Over(6)  
7&8           LF 1/4 Turn R Step Back(9:00)(7), RF Together(&), LF Step Forward(8)  
1            RF Step Forward(1)

**S5: FORWARD MAMBO, BACKWARDS MAMBO, SIDE MAMBO X2(L, R)**

2&3           LF Step Forward(2), RF Recover(&), LF Together(3)  
4&5           RF Step Backwards(4), LF Recover(&), RF Together(5)  
6&7           LF Step L(6), RF Recover(&), LF Together(7)  
8&1           RF Step R(8), LF Recover(&), RF Together(1)

**S6: OUT-OUT-IN-IN X2, OUT, OUT, HOLD WITH HIP ROLLS**

&2&3           LF Out(&), RF Out(2), LF In(&), RF In(3)  
&4&5           LF Out(&), RF Out(4), LF In(&), RF In(5)  
&6            LF Out(&), RF Out(6)  
7-8-1           BF Hold with Roll Hips Counterclockwise L-R-L(Hips and feet finish on Left side)

**S7: CROSS OVER, 1/4 TURN R STEP BACK, COASTER STEP, WALK X2, PIVOT 1/2 TURN R**

2-3 RF Cross Over(2), LF 1/4 Turn R Step Back(12:00)(3)  
4&5 RF Step Backwards(4), LF Together(&), RF Step Forward(5)  
6-7 LF Step Forward(6), RF Step Forward(7)  
8-1 LF Step Forward(8), RF Step 1/2 Turn R(6:00)(1)

**S8: TIME STEP X3, BALL TOGETHER, SIDE SHUFFLE**

2&3 LF Step Together(2), RF In Place(&), LF Step L(3)  
4&5 RF Step Together(4), LF In Place(&), RF Step R(5)  
6&7& LF Step Together(6), RF In Place(&), LF Step L(7), RF Step Beside LF(&)  
8& LF Step L(8), RF Step Together(&)

**Enjoy Dance!**

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