

# Sam's Movin' On

COPPERKNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Beginner  
編舞者: Helaine Norman (USA) - May 2022  
音樂: That's It, I Quit, I'm Movin' On - Sam Cooke



Intro: 16

Restart: 2 easy

Tag: 1 easy at end of dance

## I. Step Touch, Lindy, Step Touch

1-2            Step R side, touch L together  
3&4           Step L side, step R together, step L side  
5-6           Rock R back, recover to L  
7-8           Step R side, touch L together

## II. Step Touch, Lindy, Step Touch

1-4           Step L side, touch R together  
3&4           Step R side, step L together, step R side  
5-6           Rock L ack, recover to R  
7-8           Step L side, touch R together

## III. Temptations, Hold; ¼ L Turn Temptations , Hold 9:00

1-4           Rock R diagonally forward, recover to L, rock R diagonally forward, hold  
5-8           Making ¼ turn left rock L forward, recover to R, rock L forward, hold

**Styling suggestion: With arms bent at elbows, push them forward and back**

## IV. Jazz Box; Kick Ball Change X2

1-2           Step R over, step L back  
3-4           Step R side, step L together  
5&6           Kick R forward, step R, step L  
7&8           Kick R forward, step R, step L

**RESTARTS: Wall 3 facing 3:00 & Wall 5 facing 9:00**

## V. Touches Out-In, Step, Hold; Touches Out-in, Step, Hold

1-2           Touch R side, touch R together  
3-4           Step R forward, hold  
5-6           Touch L side, touch L together  
7-8           Step L forward, hold

**TAG: End of wall 7 facing 6:00. Singer will sing the words "One more time."**

**Two suggested styling options for arm and hand for counts 3-4 and 7-8 (step forward, hold):**

**#1. With arm/hand on the same side as the "step forward, hold," turn palm down like you are motioning "I quit." Or,**

**#2. With arm and hand on the same side as the "step forward, hold," stretch arm forward with palm facing up and forward making a motion like "stop."**

## VI. V-Step; Walks Back X4

1-2           Step R diagonally, step L diagonally  
3-4           Return R center, step L together  
5-8           Walk back RLRL

**Optional styling for 5-8: Backward steps with knee pops**

**REPEAT**

**TAG: Section V**

**Ending: After the tag which is a repeat of Section V on Wall 7 facing 6:00: Make 1/2 turn left by making four**

1/8 paddle turns left = 8 counts to end at 12:00.

Helaine43@gmail.com

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