

Moving on Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Gary Lafferty (UK) - October 2024
音樂: Moving on Up (feat. Matt Consola & Dirty Disco) (Division 4 & Matt Consola
Remix) - Heather Small



(no tags or restarts!)

Music Info: See below for intro notes, 126 bpm

STEP, LOCK, & HEEL & HEEL; & STEP, LOCK & DIAGONAL HEEL, HOLD

1-2 Step diagonally-forward Right on Right foot, lock-step Left foot behind Right
&3 Step down onto Right foot, touch Left heel forward
&4 Step on Left foot beside Right, touch Right heel forward
&5-6 Step on Right foot beside Left, step diagonally-forward Left on Left foot, lock-step Right foot behind Left
&7-8 Step down onto Left foot, touch Right heel diagonally-forward Right, hold
OPTION – You can double-clap on &8 if you wish

(&) CROSS-ROCK, RECOVER, SIDE-SHUFFLE; RIGHT JAZZBOX with ¼ TURN RIGHT and CROSS

&1-2 Step on Right foot beside Left, cross-rock Left foot over Right, recover weight onto Right foot
3&4 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
5-6 Cross-step Right foot over Left, turn ¼ Right stepping back on Left foot
7-8 Step Right on Right foot, cross-step Left foot over Right

SYNCOPATED WEAVE TO RIGHT; LEFT SAILOR ¼ TURN LEFT, WALK, WALK

1-2 Step on Right foot, cross-step Left foot behind Right
&3-4 Step on Right foot, cross-step Left foot over Right, step on Right foot
5&6 Left sailor-step making a ¼ turn to Left
7-8 Step forward on Right foot, step forward on Left foot

ROCK FORWARD, RECOVER, RIGHT COASTER STEP; ROCK FORWARD, RECOVER, LEFT TRIPLE ¾ TURN

1-2 Rock forward on Right foot, recover weight onto Left foot
3&4 Step back on Right foot, step on Left foot beside Right, step forward on Right foot
5-6 Rock forward on Left foot, recover weight onto Right foot
7&8 Make ¾ triple turn over Left shoulder stepping Left-Right-Left

START AGAIN

MUSIC INTRO – the dance will start after 32 counts (when the heavy beat kicks in) and you'll do the first wall before there are any vocals

However, you have the option to do the below intro after just 16 counts which will hit all the “clicks” before the heavy beat commences and you start the dance:

OPTIONAL “X-SHAPE” INTRO

1-2 Step diagonally-forward Right on Right foot, touch Left foot beside Right and click your fingers
3-4 As you step back on your Left foot turn ¼ Left (to the next diagonal), touch Right Left foot beside Right and click your fingers

Then repeat a further 3 times (so 16 counts in total) making an X shape anti-clockwise around the 4 diagonal corners, then start the dance!

