

Moving On Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Moving On Up - M People



Intro Music. 16 Count

*1 Restart

Intro : Do the intro 2x

Section 1. Walk forward and backward, Touch

1 - 4 Walk R,L,R (1-3) touch L next to R (4)
5 - 8 Walk back L,R,L (5-7) touch R next to L (8)

Section 2. Grapevine R,L

1 - 4 Step R to side (1) cross L behind R (2) step R to side (3) touch L next to R (4)
5 - 8 Step L to side (5) cross R behind L (6) step L to side (7) touch R next to L (8)

Main Dance

Section 1. Step Right, Behind Side Cross, Step Left, Behind Side Cross

1 - 2 Step R to side (1) recover L (2)
3 & 4 Cross R behind L (3) step L to side (&) cross R over L (4)
5 - 6 Step L to side (5) recover R (6)
7 & 8 Cross L behind R (7) step R to side (&) cross L over R (8)

Section 2. Rock Forward R,L, Coaster Step R,L

1 - 2 Step R forward (1) recover L (2)
3 & 4 Step R back (3) step L next to side (&) step R forward (4)
5 - 6 Step L forward (5) recover R (6)
7 & 8 Step L back (7) step R next to side (&) step L forward (8)

(Style is optional : play your shoulder during count 1-2 and 5-6)

Restart here at wall 3

Section 3. Mambo R-L, Touch Side with Finger Pointing to R

1 & 2 Step R to side (1) recover L (&) step R next to L (2)
3 & 4 Step L to side (3) recover R (&) step L next to R (4)
5 - 8 Touch R next to L while R fingers are pointing and move it to R side (5-8)
(Optional Style: during count 1 - 4 you can play your hands by covering your faces and open it up)

Section 4. Step to side R-L, Touch R, Quarter R and Touch

1 - 4 Step R to side (1) touch L behind R (2) step L to side (3) touch R behind L (4)
5 - 8 Step R to side (5) touch L next to R (6) 1/4 turn R, step L to side (7) touch R next to L (8)

Enjoy the dance!

For more information, please kindly contact me at; roshetkoanna@gmail.com

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