

# Movin'

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Vivienne Scott (CAN)  
音樂: Movin' On - The Rankin Family



## RIGHT ROCK STEPS TO SIDE, BEHIND

1-2            Rock to the side onto right foot, rock in place with left foot and clap  
3-4            Rock behind the left foot onto the right foot, rock in place with left foot and clap  
5-6            Rock to the side onto right foot, rock in place with left foot and clap  
7-8            Rock behind the left foot onto the right foot, rock in place with left foot and clap

## SHUFFLE TO THE RIGHT, ROCK LEFT FOOT BEHIND RIGHT

9&10          Side shuffle right, (right-left-right)  
11-12         Rock behind the right foot onto the left foot, rock in place with right foot

## LEFT ROCK STEPS TO SIDE, BEHIND

13-14         Rock to the side onto the left foot, rock in place with right foot and clap  
15-16         Rock behind the right foot onto the left foot, rock in place with right foot and clap  
17-18         Rock to the side onto the left foot, rock in place with right foot and clap  
19-20         Rock behind the right foot onto the left foot, rock in place with right foot and clap

## SHUFFLE TO THE LEFT, ROCK RIGHT FOOT BEHIND LEFT

21&22         Side shuffle left (left-right-left)  
23-24         Rock behind the left foot onto the right foot, rock in place with left foot

## RIGHT HEEL FORWARD AND HOLD, RIGHT TOE BEHIND AND HOLD, TWO ¼ TURNS

25-26         Place right heel straight forward, hold (clap optional)  
27-28         Place right toe straight back, hold (clap optional)  
29-30         Step forward with right foot, make ¼ to left  
31-32         Step forward with right foot, make ¼ to left

## RIGHT SHUFFLE FORWARD, WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE FORWARD

33&34         Right shuffle forward (right-left-right)  
35-36         Walk forward left, right  
37&38         Left shuffle forward (left-right-left)

## TWO RIGHT KICK BALL CHANGES

39&40         Kick right foot forward, rock back onto ball of right foot, step forward onto left  
41&42         Kick right foot forward, rock back onto ball of right foot, step forward onto left

## TWO ¼ TURNS LEFT

43-44         Step forward with right foot, make ¼ turn to left  
45-46         Step forward with right foot, make ¼ turn to left

## FOUR TOE-HEEL STRUTS FORWARD WITH FINGER SNAPS

47-48         Step forward on right toe, place heel down and snap fingers  
49-50         Step forward on left toe, place heel down and snap fingers  
51-52         Step forward on right toe, place heel down and snap fingers  
53-54         Step forward on left toe, place heel down and snap fingers

## TWO CHUGS FORWARD WITH CLAPS

55-56         Jump forward with both feet, clap

57-58 Jump forward with both feet, clap (weight on right)

**LEFT CROSS BEHIND RIGHT, HOLD, UNWIND  $\frac{3}{4}$  TURN LEFT, (WEIGHT ON LEFT)**

59-60 Cross left foot behind right foot, hold

61-62 Unwind  $\frac{3}{4}$  turn left putting weight onto left (clap optional)

**RIGHT SHUFFLE FORWARD, WALK FORWARD LEFT, RIGHT, LEFT SHUFFLE FORWARD**

63&64 Right shuffle forward (right-left-right)

65-66 Walk forward left, right

67&68 Left shuffle forward (left-right-left)

**TWO RIGHT KICK BALL CHANGES**

69&70 Kick right foot forward, rock back onto ball of right foot, step forward onto left

71&72 Kick right foot forward, rock back onto ball of right foot, step forward onto left

**FOUR  $\frac{1}{4}$  TURNS TO LEFT**

73-74 Step forward with right foot, make  $\frac{1}{4}$  turn to left

75-76 Step forward with right foot, make  $\frac{1}{4}$  turn to left

77-78 Step forward with right foot, make  $\frac{1}{4}$  turn to left

79-80 Step forward with right foot, make  $\frac{1}{4}$  turn to left

**REPEAT**

The first "shuffle forward" coincides with the "Movin' On" chorus and when the dance starts again, it coincides with end of the chorus. This is a long dance, but with a lot of repetition.

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