

# Movin'

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
編舞者: Sheila Jepsen  
音樂: You Walked In - Lonestar



## STEP, BEHIND, ROCK, STEP, BEHIND, ROCK, KICK-BALL-CROSS

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Rock to the right on right foot
- 4 Step onto left foot in place
- 5 Cross right foot behind left and step
- 6 Step to the left on left foot
- 7 Kick right foot forward
- & Step onto ball of right foot next to left foot
- 8 Cross left foot in front of right and put weight on both feet

## UNWIND, CLAP, KICK-BALL-CHANGE, HIP SWINGS

- 9 Turn  $\frac{1}{2}$  to the right pivoting on balls of both feet and unwind
- 10 Clap
- 11 Kick right foot forward
- & Step onto ball of right foot directly under right shoulder
- 12 Step left foot slightly left directly under left shoulder
- 13 Swing hips to the right
- 14 Swing hips to the left
- 15 Swing hips to the right
- 16 Swing hips to the left (make sure weight ends up on left foot)

## SHUFFLE RIGHT, ROCK, SHUFFLE LEFT, TURNING COASTER

- 17 Step right foot to the right side
- & Slide left foot next to right foot
- 18 Step right foot to the right side
- 19 Rock back on left foot
- 20 Step on right foot in place
- 21 Step left foot to the left side
- & Slide right foot next to left foot
- 22 Step left foot to the left side
- & Turn  $\frac{1}{4}$  to the right pivoting on left foot
- 23 Step back on right foot
- & Step back on left foot next to right foot
- 24 Step forward on right foot in place

## SHUFFLE FORWARD, $\frac{1}{2}$ TURN & SHUFFLE BACK, COASTER, TOE TOUCHES RIGHT THEN LEFT

- 25 Step forward on the left foot
- & Step right foot next to left foot
- 26 Step forward on the left foot
- & Turn  $\frac{1}{2}$  to the left pivoting on left foot
- 27 Step back on the right foot
- & Step back on left foot next to right foot
- 28 Step back on the right foot
- 29 Step back on left foot
- & Step back on right foot next to left

- 30 Step forward on left foot
- 31 Touch right toes to the right
- & Step right foot in place
- 32 Touch left toes to the left

**HEEL TOUCHES FORWARD, CROSS, ½ TURN, HEEL TOUCHES FORWARD, CROSS, ½ TURN**

- & Step left foot in place
- 33 Touch right heel forward
- & Step right foot in place
- 34 Touch left heel forward
- & Step left foot in place
- 35 Cross right foot in front of left
- 36 Pivot ½ to the left on balls of both feet using right foot to turn body
- 37-40 Repeat 33-36

**ROCK FORWARD RIGHT, COASTER, ROCK FORWARD LEFT, COASTER**

- 41 Rock forward on right foot
- 42 Step left foot in place
- 43 Step back on right foot
- & Step back on left foot next to right
- 44 Step forward on right foot
- 45 Rock forward on left foot
- 46 Step right foot in place
- 47 Step back on left foot
- & Step back on right foot next to left
- 48 Step forward on left foot

**REPEAT**

---