

Movin' On

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Phil Carpenter (UK)
音樂: No One Needs to Know - Shania Twain



LEFT ROCK FORWARD, RECOVER, COASTER CROSS, SIDE, BEHIND, CHASSE TO RIGHT

1-2 Left rock forward, right recover weight back
3&4 Left step back, right step together with left, left cross over right
5-6 Right step to right side, left cross behind right
7&8 Right step to right side, left close next to right, right step to right side

TOUCH TOE, HEEL DIG WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, ROCK FORWARD, RECOVER BACK, TOUCH BACK, ½ TURN RIGHT

9 Left foot touch toe next to right instep while turning body diagonally right
10 Left heel dig while turning body ¼ turn left to face 9'o clock wall
11&12 Left step forward, right step next to left, left step forward
13-14 Right foot rock forward, recover weight on left
15-16 Right foot touch back, ½ turn right transferring weight onto right

SWIVEL ½ TURN LEFT, SWIVEL ½ TURN RIGHT, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, STEP TO RIGHT SIDE, HOLD

17-18 Swivel ½ turn left, swivel ½ turn right
For those dancers who do not wish to do the swivel turns on step 17-18, replace with rock back on the left, rock forward on the right
19-20 Left step forward, pivot ½ turn right (weight ends on right)
21&22 Left step forward, right step beside left, left step forward
23-24 Right step to right side, hold

LEFT CROSS, POINT RIGHT, RIGHT CROSS, UNWIND ½ TURN LEFT, LEFT KICK BALL WITH ¼ TURN TOUCH, RIGHT KICK BALL WITH ¼ TURN TOUCH

25-26 Left cross over right (weight on left), touch right toe to right side
27-28 Right cross over left, unwind ½ turn left
29 Kick left forward
& Step back on the ball of left while making ¼ turn left
30 Touch right next to left (weight on left)
31 Kick right forward
& Step back onto the ball of right foot while making ¼ turn left
32 Touch left next to right (weight on right)

REPEAT
