

# Moving On Up

拍數: 64      牆數: 2      級數:  
編舞者: Charlotte Skeeters (USA)  
音樂: Moving On Up - Scooter Lee



## FORWARD, BACK, BACK, HOLD, CROSS, BACK, ¼ LEFT, HOLD

- 1-2      Right rock-step forward; left rock-step back
- 3-4      Right step back at slight angle right; hold
- 5-6      Left cross over right (still moving back); right step back
- 7-8      Left step side left into ¼ turn left; hold

## FORWARD, SNAP HEEL, SIDE, SNAP heel, FORWARD, SNAP HEEL, SIDE, HOLD

### Optional: Snap fingers on the heel snaps

- 1      Right step forward on ball of foot in front of left & bring left heel up
- 2      Snap left heel down (weight left)
- 3      Right step side right on ball of foot & bring left heel up
- 4      Snap left heel down (weight left)
- 5      Right forward on ball of foot in front of left & bring left heel up
- 6      Snap left heel down (weight left)
- 7-8      Right step side right (left stays in place); hold

Next 16 counts are exact mirror image of above 16 counts

## FORWARD, BACK, BACK, HOLD, CROSS, BACK, ¼ LEFT, HOLD

- 1-2      Left rock-step forward; right rock-step back
- 3-4      Left step back at slight angle left; hold
- 5-6      Right cross over left (still moving back); left step back
- 7-8      Right step side right into ¼ turn right; hold

## FORWARD, SNAP HEEL, SIDE, SNAP heel, FORWARD, SNAP HEEL, SIDE, HOLD

- 1      Left forward on ball of foot in front of right & bring right heel up
- 2      Snap right heel down (weight right)
- 3      Left step side left on ball of foot & bring right heel up
- 4      Snap right heel down (weight right)
- 5      Left forward on ball of foot in front of right & bring right heel up
- 6      Snap right heel down (weight right)
- 7-8      Left step side left (right stays in place); hold

## RUN, RUN, RUN, HOP/SCOOT ¼ RIGHT, BACK, BACK, BACK, HOP/SCOOT

First 3 steps are meant to be done with short running strides forward

- &      Optional styling: To launch the following running steps, bend right knee kicking heel up behind.
- 1-3      Run/step forward right; left; right
- 4      Hop/scoot forward on right starting ¼ turn right & bring left knee up
- 5-7      Finish the turn as you step back left; back right; back left
- 8      Hop/scoot forward on left as you bring right knee up

## RUN, RUN, RUN, HOP/SCOOT ¼ RIGHT, BACK, BACK, BACK, HOP/SCOOT

- 1-6      Repeat above 1-6
- 7-8      Stomp left side left; hold & clap

## "FULL COUNT" SAILOR SHUFFLES, HOLD/CLAP, SAILOR SHUFFLES, HOLD/CLAP

Sailor shuffles will progress slightly forward

1-4 Right cross behind left; left step side left; right step side right, hold/clap  
5-8 Left cross behind right; right step side right; left step side left hold/clap  
1-8 Repeat above 1-8

**REPEAT**

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