

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



2X SIDE ROCK-ROCK-TOGETHER-HOLD (12:00)

1-2 Rock right foot to right side, rock step onto left foot
3-4 Step right foot next to left, hold
5-6 Rock left foot to left side, rock step onto right foot
7-8 Step left foot next to right, hold

FORWARD PUSH STEP, STEP, BACKWARD PUSH STEP, STEP, 2X FORWARD SHUFFLE (12:00)

9-10 Push step right foot forward, step onto left foot
11-12 Push step right foot backward, step onto left foot
13&14 Step forward onto right foot, close left foot next to right, step forward onto right foot
15&16 Step forward onto left foot, close right foot next to left, step forward onto left foot

2X STEP FORWARD-PIVOT ½ LEFT, GRAPEVINE WITH TOE TOUCH (OR OPTION) (12:00)

17-18 Step forward onto right foot, pivot ½ left (weight on left foot)
19-20 Step forward onto right foot, pivot ½ left (weight on left foot)
21-22 Step right foot to right side, cross step left foot behind right
23-24 Step right foot to right side, touch left toe next to right foot - clicking fingers

Option: count 24 - angle body to left & touch left heel forward - clicking fingers

GRAPEVINE WITH TOE TOUCH (OR OPTION), 2X BACKWARD SHUFFLE, ¼ RIGHT (3:00)

25-26 Step left foot to left side, cross step right foot over left
27-28 Step left foot to left side, touch right toe next to left foot - clicking fingers
Option: count 28 - angle body to right & touch right heel forward - clicking fingers
28&30 Step backward onto right foot, close left foot next to right, step backward onto right
31&32 Step backward onto left foot, close right foot next to left, step backward onto left foot
& (With right foot slightly raised) turn ¼ right

REPEAT