

I'm Moving On

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Lucy Davies (UK) & Charlotte Macari (UK)
音樂: I'm Movin' On - Rascal Flatts



FORWARD LEFT, RIGHT TOGETHER, LEFT TOGETHER, TURN 1 ¼ TURN RIGHT

1-3 Left stride forward, step right next to left, step left next to right
4 Turning ½ turn over right shoulder step forward right
5 Turning another ½ turn over right shoulder step back left
6 Turning ¼ right step right to side

CROSS, ¼, ½, ROCK FORWARD BACK, STEP BACK

7 Cross left over right
8 Step right back into ¼ turn left
9 Turn ½ left stepping forward left
10-12 Rock forward onto right, rock back onto left in place, step back onto right

LEFT & RIGHT TWINKLE STEPS MOVING BACK

13 Cross left over right (angling body to right diagonal)
14 Step right back diagonally to right
15 Step left back diagonally left
16 Cross right over left (angling body to left diagonal)
17 Step left back diagonally to left
18 Step right back diagonally right

TWINKLE STEP ½ TURN LEFT, SYNCOPATED WEAVE TO LEFT

19 Cross left over right
20 Turn ½ turn over left shoulder stepping down on right
21 Step left to left side
22-23 Cross right over left, step left to left side
&24 Cross right behind left, step left to left side

CROSS ROCK RIGHT ¼ TURN RIGHT, ½ TURNING BASIC

25 Cross rock right in front of left
26 Rock weight back onto left
27 Turning ¼ right step forward onto right
28-30 Step forward on left, turning ½ left step back right, step back left

TWINKLE STEPS RIGHT & LEFT, TRAVELING BACK

31 Cross right over left angling body to right diagonal
32 Step back left to left diagonal
33 Step back right to right diagonal
34 Cross left over right angling body to left diagonal
35 Step right to right diagonal
36 Step back left to left diagonal

TWINKLE STEP MAKING ½ TURN RIGHT, SYNCOPATED WEAVE TO RIGHT

37 Cross right over left
38 Turning ½ right step onto left
39 Step right to right side
40-41 Cross left over right, step right to right side

&42 Step left behind right, step right to right side

CROSS ROCK LEFT AND RIGHT

43-45 Cross left over right, rock weight back onto right, step left in place

46-48 Cross right over left, rock weight back onto left, step right in place

REPEAT
