

I'm Moving On

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - September 2007
音樂: Movin' On - Elliott Yamin



Count in: Start on vocals

(1-8) WALKS X2, 1/4 ROCK CROSS, 3/4 TURN, SAILOR 1/2 TURN

- 1,2 Walk forward on right foot, walk forward on left foot
&3,4 Make a 1/4 turn left and step right foot to right side, rock left foot to left side, cross right foot over left
5,6 Make a 1/4 turn left and step forward on left foot, make a 1/2 turn left and step back on right foot
7&8 Cross left foot behind right foot, make a 1/2 turn left and step right foot back, cross left foot over right foot

(9-16) & CROSS, JAZZ BOX, KICK SIDE & TOUCH BEHIND WITH HIPPS, SLIDE BALL CROSS

- &1 Step right foot to right side, cross left foot over right
2,3,4 Step back on right foot, step left foot to left side, cross right foot over left
5&6 Kick left foot a short kick to left side, step left foot to left side, touch right toe behind left while. Also bumping hips left, right, left.
7&8 Slide right toe forward to right diagonal, step right foot to right side, cross left foot over right

(17-24) SIDE, ROCK BACK, JAZZ BOX, 1/4 COASTER CROSS

- 1,2& Step right foot to right side, rock back on left foot, recover forward on right foot
3,4 Cross left foot over right foot, step back on right foot
5,6 Step left foot to left side, cross right foot over left
7&8 Make a 1/4 turn right and step back on left foot, step right foot to right side, cross left foot over right

(25-32) HIP BUMP TURNS X3, KICK BACK, RUN 1/2 TURN

- 1,2 Touch right toe to right side and bump right hip to right side, make a 1/4 turn right and step forward on right foot
3,4 Make a 1/4 turn right and touch left toe to left side and bump left hip left, make a 1/4 turn right and step back on left foot
5,6 Make a 1/4 turn right and touch right toe forward and bump right hip forward, step right foot forward.
7& Kick left foot a low kick forward. Step back on left foot
8& Make a 1/2 turn right and step forward on right foot, step forward on left foot

End Of Dance