

On The Move

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK) - June 2009
音樂: Ain't No Stoppin' Us Now - McFadden & Whitehead



Count in: Approximately 32 counts, 17 seconds into song

(1-8) 2X WALKS, ANCHOR STEP, 2X ½ TURNS, OUT-OUT & CROSS

- 1,2 Walk forward right, left
- 3&4 Cross right foot behind left foot, step left foot in place, step right foot in place
- 5,6 Make a ½ turn left and step forward on left foot, make a ½ turn left and step back on right foot
- &7 Step left foot out to left side, step right foot out to right side
- &8 Step back on left foot, cross right foot over left foot

(9-16) SIDE, BEHIND-SIDE-CROSS, SIDE, SAILOR DIAGONAL, CROSS UNWIND ½ TURN

- 1,2&3 Step left foot to left side, cross right foot behind left, step left foot to left side, cross right foot over left
- 4,5&6 Step left foot to left side, cross right foot behind left foot, step left foot to left side, step right foot to right diagonal
- 7,8 Cross left foot behind right, unwind a ½ turn left (weight on left)

(17-24) WEAVE, ¼ TURN COASTER STEP

- 1,2 Cross right foot over left, step left foot to left side
- 3,4 Cross right foot behind left foot, step left foot to left side
- 5,6 Cross right foot over left foot, make a ¼ turn right and step back on left foot
- 7&8 Right coaster step

(25-32) ¾ TURN HIP BUMPS, KICK BALL CHANGE, LEAN BACK, & TOGETHER

- 1&2 Make a ¼ turn right and step left foot out to left side, bumping hip left, recover weight onto right foot, make a ¼ turn right and step back on left foot
- 3&4 Make a ¼ turn right and step right foot forward bumping right hip forward, rock weight onto left, recover weight on right
- 5&6 Kick left foot forward, step back on left foot, step right foot next to left
- 7 Lean back taking weight on left foot
- &8 Step back on right foot, step together left foot

START AGAIN AND ENJOY!