

# Moving On

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Hans Palm (SWE) - December 2013  
音樂: Moving On - Sarah Dawn Finer : (Album: Moving On - 3:05)



**Intro: 8 counts of piano instrumental**

**S1: BASIC NIGHT CLUB STEP R, STEP L & TURN L  $\frac{1}{2}$  +  $\frac{3}{4}$ , STEP FW and BACK, ROCK R FW RECOVER  $\frac{1}{4}$  R & FULL TURN R**

1,2&      Step R to R side (1), step L behind R (2), cross R over L (&)  
3,4&      Step L to L side, looking left to prepare for L turn (3), turn  $\frac{1}{2}$  L stepping on R (4) 6:00, turn  $\frac{3}{4}$  L stepping on L (&) 9:00  
5&6&      Step R forward (5), step L next to R (&), step R back (6), step L next to R (&)  
7&8&      Rock R forward, preparing for R turn (7), push away from R and recover back on L while turning  $\frac{1}{4}$  R (&) 12:00, turn  $\frac{1}{2}$  R stepping on R (8) 6:00, turn  $\frac{1}{2}$  R stepping on L (&) 12:00

**S2: BASIC R, L ROCK/RECOVER CROSS L OVER R & TURN  $\frac{1}{2}$  L, BASIC L, FULL TURN R & CROSS L OVER R**

1,2&      Step R to R side (1), step L behind R (2), cross R over L (&)  
3&4&      Rock L to L side (3), recover on R next to L (&), cross L over R (4), step R while turning  $\frac{1}{2}$  L (&) 6:00  
5,6&      Step L to L side (5), step R behind L (6), cross L over R (&)  
7&8&      Step R to R side (7), turn  $\frac{1}{2}$  R on L (&) 12:00, turn  $\frac{1}{2}$  R on R (8) 6:00, cross L over R (&)

**S3: BASIC R, WALK L R, L BACK WITH SWEEP R BEHIND L & SIDE L, CROSS ROCK RECOVER & TURN  $\frac{1}{2}$  R**

1,2&      Step R to R side (1), step L behind R (2), cross R over L (&)  
3,4      Walk L (3), walk R (4)  
5,6&      Step L back with sweep on R front to back (5), step R behind L (6), step L slightly to L side (&)  
7,8&      Cross rock R over L (7), recover on L (8), turn  $\frac{1}{2}$  R on R (&) 12:00

**S4: BASIC L,  $\frac{1}{4}$  R + FULL TURN R,  $\frac{1}{2}$  R TO R COASTER STEP, WALK L**

1,2&      Step L to L side (1), step R behind L (2), cross L over R (&)  
3,4&      Turn  $\frac{1}{4}$  R on R (3) 3:00, turn  $\frac{1}{2}$  R on L (4) 9:00, turn  $\frac{1}{2}$  R on R (&) 3:00  
5,6&      Turn  $\frac{1}{2}$  R and back on L (5) 9:00, step back on R (6), step L next to R (&)  
7,8      Walk R (7), walk L (8)

**TAGS: -**

After wall 1: Sway R (9), L (10)

After wall 2: Sway R (9), L (10), R (11), L (12)

**RESTARTS:-**

Wall 3: Instead of cross rock on count 7 in section 3, cross step R over left (7), rock L to side (&), recover R next to L (8), cross L over R (&) preparing to Restart with basic R

Wall 5: Restart with basic R on count 7 in section 3 instead of cross rock

**ENDING (wall 7)**

Ending is similar to counts 3&4& in section 2 but without turning and then finishing with step L to side, all steps facing front wall (12:00). Last two steps accented (&5) with arms R and L to side.

3&4&5      Rock L to L side (3), recover on R next to L (&), cross L over R (4), accented step R to side with R arm to R (&), accented step L to side with L arm to L (5)

Contact: palm.hans@gmail.com

