## Sam's Movin' On

Count: 40 Wall: 4
Level: Beginner
Choreographer: Helaine Norman (USA) - May 2022
Music: That's It, I Quit, I'm Movin' On - Sam Cooke


Intro: 16
Restart: 2 easy
Tag: 1 easy at end of dance
I. Step Touch, Lindy, Step Touch

1-2 Step $R$ side, touch $L$ together
$3 \& 4$ Step $L$ side, step $R$ together, step $L$ side
5-6 Rock R back, recover to L
7-8 Step $R$ side, touch $L$ together
II. Step Touch, Lindy, Step Touch

1-4 Step $L$ side, touch $R$ together
3\&4 Step $R$ side, step $L$ together, step $R$ side
5-6 Rock $L$ ack, recover to $R$
7-8 Step $L$ side, touch $R$ together
III. Temptations, Hold; $1 / 4$ L Turn Temptations , Hold 9:00

1-4 Rock $R$ diagonally forward, recover to $L$, rock $R$ diagonally forward, hold
5-8 Making $1 / 4$ turn left rock $L$ forward, recover to $R$, rock $L$ forward, hold
Styling suggestion: With arms bent at elbows, push them forward and back
IV. Jazz Box; Kick Ball Change X2

1-2 Step R over, step L back
3-4 Step $R$ side, step $L$ together
5\&6 Kick R forward, step R, step L
$7 \& 8 \quad$ Kick $R$ forward, step R, step L
RESTARTS: Wall 3 facing 3:00 \& Wall 5 facing 9:00
V. Touches Out-In, Step, Hold; Touches Out-in, Step, Hold

1-2 Touch $R$ side, touch $R$ together
3-4 Step R forward, hold
5-6 Touch $L$ side, touch $L$ together
7-8 Step L forward, hold
TAG: End of wall 7 facing 6:00. Singer will sing the words "One more time."
Two suggested styling options for arm and hand for counts 3-4 and 7-8 (step forward, hold):
\#1. With arm/hand on the same side as the "step forward, hold," turn palm down like you are motioning "I quit." Or,
\#2. With arm and hand on the same side as the "step forward, hold," stretch arm forward with palm facing up and forward making a motion like "stop."
VI. V-Step; Walks Back X4

| $1-2$ | Step $R$ diagonally, step $L$ diagonally |
| :--- | :--- |
| $3-4$ | Return $R$ center, step $L$ together |
| $5-8$ | Walk back RLRL |

Optional styling for 5-8: Backward steps with knee pops

## REPEAT

TAG: Section V
Ending: After the tag which is a repeat of Section V on Wall 7 facing 6:00: Make $1 / 2$ turn left by making four

1/8 paddle turns left $=8$ counts to end at 12:00.
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