

# Move On

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Alan Birchall (UK) - March 2008

Music: Move On - David Jordan : (CD: Set The Mood)



Start: On Lyrics

Seconds: 19 - Count : 16 From Start Of Heavy Beat (BPM: 103)

NOTE:

There is a long fade out on this track keep dancing throughout then end the dance facing the front wall at count 32

## LUNGE, RECOVER, CROSS SHUFFLE, TOUCH, TWIST ¼, SAILOR STOMP

- 1-2 Lunge/Rock Right To Right, Recover On Left
- 3&4 Cross Right Over Left, Step Left To Left, Cross Right Over Left
- 5-6 Touch Left To Left, Twist ¼ Turn Left (9'0' Clock)
- 7&8 Cross Left Behind Right, Step Right To Right, Stomp Left To Left

## CROSS, UNWIND, SIDE SHUFFLE, CROSS ROCK, RECOVER, ¼ SHUFFLE

- 9-10 Cross Right Over Left, Unwind Full Turn Left (9'0' Clock)
- 11&12 Step Left To Left, Right By Left, Step Left To Left
- 13-14 Cross Rock Right Over Left, Recover On Left
- 15&16 Step Right To Right, Left By Right Step Right To Right Making ¼ Turn Right (12 '0' Clock)

## TOUCH, HITCH, STEP X2, ROCK, RECOVER, ¼ SAILOR TURN

- 17&18 Angling Body To Right Touch Left Toe Forward, Hitch Left, Step Forward On Left Alternative: Hip Walk
- 19&20 Angling Body To Left Touch Right Toe Forward, Hitch Right, Step Forward On Right Alternative: Hip Walk
- 21-22 Rock Forward On Left, Recover On Right
- 23&24 Step Back On Left, Making ¼ Turn Right Step Right To Right, Step Forward On Left (3 '0' Clock)

## TOUCH,STEP, HEEL,STEP, ¼ POINT, ½ PADDLE TURN, STEP, TOUCH, HITCH, CROSS

- 25&26 Touch Right Toe By Left Instep, Step Back On Right, Touch Left Heel Forward
- &27-28 Step Left By Right, Step Forward On Right, Making ¼ Turn Right Point Left To Left (6'0' Clock)
- 29&30 Make ¼ Turn Right, Touch Left To Left, Make ¼ Turn Right, Touch Left To Left, (12 '0' Clock)
- &31&32 Step Left By Right, Touch Right To Right, Hitch Right, Cross Right Over Left

## POINT, CROSS, BACK LOCK STEP, COASTER STEP ¼ ROCK, RECOVER, CROSS

- 33-34 Point Left To Left, Cross Left Over Right
- 35&36 Step Back On Right, Lock Left Over Right, Step Back On Right
- 37&38 Step Back On Left, Right By Left, Forward On Left
- 39&40 Making ¼ Turn Left Rock Right To Right, Recover On Left, Cross Right Over Left (9 '0' Clock)

## ROCK, RECOVER, BEHIND, ¼ TURN, STEP, LOCK STEP, CROSS UNWIND ¾

- 41-42 Rock Left To Left, Recover On Right
- 43&44 Cross Left Behind Right, Make ¼ Turn Right Step Right To Right, Step Forward on Left (12 '0' Clock)
- 45&46 Step Forward on Right, Lock Left Over Right, Step Forward On Right
- 47-48 Cross Left Over Right, Unwind ¾ Turn Right (9 '0' Clock)

**START AGAIN**

**\*\* Add Tag Here At End Of Fifth Wall**

**Tag: At End Of Fifth Wall Facing 9 'O' Clock Simply Add**

1-2                      Rock Right To Right, Recover On Left Then Restart From Step ONE - Lunge

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