

Movin' On (Chair Dance)

Compte: 48

Mur: 0

Niveau: Advanced Chair dance

Chorégraphe: Rita Ensminger (USA) - August 2019

Musique: Bright Lights, Big City - Sonny James



Alt. music: Jack The Wack by Mojo Blues Band

ROCKING CHAIR, POINT STEPS

- 1-4 R forward. L in Place, R Back, L In Place
5-8 R point side, R step together, L point side, L step together

SWIVELS AND HEEL STEPS

- 1-2 Swivel heels to right, swivel heels to left
3-4 Swivel heels to right, swivel heels to left
5-8 R heel forward, R step together, L heel forward, R step together

KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

- 1-2 Cross R hand to left knee, cross L hand to right knee
3-4 Cross R hand to left shoulder, Cross L hand to right shoulder
5-6 With arms crossed nudge R shoulder forward twice
7-8 With arms crossed nudge L shoulder forward twice

KNEE CROSS, SHOULDER CROSS, SHOULDER NUDGES

- 1-2 Cross R hand to left knee, cross L hand to right knee
3-4 Cross R hand to left shoulder, Cross L hand to right shoulder
5-6 With arms crossed nudge R shoulder forward twice
7-8 With arms crossed nudge L shoulder forward twice

JAZZ STEP

- 1-4 R cross forward, L step in place, R step next to left, hold
5-8 L cross forward, R step in place, L step next to right, hold

SAILOR STEPS

- 1&2 Cross R back behind left, L step side, R step fwd
3&4 Cross L back behind right, R step side, L step fwd
5&6 Cross R back behind left, L step side, R step fwd
7&8 Cross L back behind right, R step side, L step fwd
-