

Moving on Up Cha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: YoungSoon Song (KOR), Hyun Ah Lee (KOR), Hee Sun Lee (KOR) & SoYeon Choi (KOR) - June 2020
音乐: Moving On Up - M People



Intro : 48counts / Start on LF 10:30

***Wall 2 after 45counts Tag 4counts and Restart**

***Tag: 1/4 TURN R WITH SWEEP BACKWARDS, CROSS BEHIND, SIDE, TOGETHER**

6-7 LF Step 1/4 Turn R with RF Sweep Backwards(6:00)(6), RF Cross Behind(7)
8& LF Step L(8), RF Step Together(&)

S1: WALKS X3, LOCK STEP FORWARD, ROCK, RECOVER, LOCK STEP BACKWARDS

1 LF 1/8 Turn L with Step Forward(10:30)(1)
2-3 RF Step Forward(2), LF Step Forward(3)
4&5 RF Step Forward(4), LF Cross Behind(&), RF Step Forward(5)
6-7 LF Step Forward(6), RF Recover(7)
8&1 LF Step Backwards(8), RF Cross Over(&), LF Step Backwards(1)

S2: ROCK BACK, RECOVER, LOCK STEP FORWARD, PIVOT 1/2 TURN R, LOCK STEP FORWARD

2-3 RF Step Backwards(2), LF Recover(3)
4&5 RF Step Forward(4), LF Cross Behind(&), RF Step Forward(5)
6-7 LF Step Forward(6), RF 1/2 Turn R(4:30)(7)
8&1 LF Step Forward(8), RF Cross Behind(&), LF Step Forward(1)

(*Styling: count7 RF 1/2 Turn R with Flick)

S3: CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE, CROSS, ROCK, SIDE ROCK, CROSS ROCK, SIDE

2&3& RF Step Forward(2), LF Recover(&), RF Step R(3), LF Recover(&)
4&5 RF Cross Over(4), LF Recover(&), RF Step R with 1/8 Turn R(6:00)(5)
6&7& LF Cross Over(6), RF Recover(&), LF Step L(7), RF Recover(&)
8&1 LF Cross Over(8), RF Recover(&), LF Step L

S4: MAMBO STEP X2, CROSS OVER, 1/4 TURN R COASTER STEP, STEP FORWARD

2&3 RF Cross Over(2), LF Recover(&), RF Step R(3)
4&5 LF Cross Over(4), RF Recover(&), LF Step L(5)
6 RF Cross Over(6)
7&8 LF 1/4 Turn R Step Back(9:00)(7), RF Together(&), LF Step Forward(8)
1 RF Step Forward(1)

S5: FORWARD MAMBO, BACKWARDS MAMBO, SIDE MAMBO X2(L, R)

2&3 LF Step Forward(2), RF Recover(&), LF Together(3)
4&5 RF Step Backwards(4), LF Recover(&), RF Together(5)
6&7 LF Step L(6), RF Recover(&), LF Together(7)
8&1 RF Step R(8), LF Recover(&), RF Together(1)

S6: OUT-OUT-IN-IN X2, OUT, OUT, HOLD WITH HIP ROLLS

&2&3 LF Out(&), RF Out(2), LF In(&), RF In(3)
&4&5 LF Out(&), RF Out(4), LF In(&), RF In(5)
&6 LF Out(&), RF Out(6)
7-8-1 BF Hold with Roll Hips Counterclockwise L-R-L(Hips and feet finish on Left side)

S7: CROSS OVER, 1/4 TURN R STEP BACK, COASTER STEP, WALK X2, PIVOT 1/2 TURN R

2-3 RF Cross Over(2), LF 1/4 Turn R Step Back(12:00)(3)
4&5 RF Step Backwards(4), LF Together(&), RF Step Forward(5)
6-7 LF Step Forward(6), RF Step Forward(7)
8-1 LF Step Forward(8), RF Step 1/2 Turn R(6:00)(1)

S8: TIME STEP X3, BALL TOGETHER, SIDE SHUFFLE

2&3 LF Step Together(2), RF In Place(&), LF Step L(3)
4&5 RF Step Together(4), LF In Place(&), RF Step R(5)
6&7& LF Step Together(6), RF In Place(&), LF Step L(7), RF Step Beside LF(&)
8& LF Step L(8), RF Step Together(&)

Enjoy Dance!

Website : www.kslda.com

Contact : song6409@hanmail.com

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