

# On and On

拍數: 64      牆數: 2      級數: Improver  
編舞者: Chris Jackson (UK) - July 2021  
音樂: On and On - Stephen Bishop : (amazon)



#16 count intro - start on vocals.

## SECTION 1 [1-8] CROSS ROCK, SIDE ROCK, BACK ROCK, QUARTER, QUARTER

1,2,3,4      Cross rock right over left, recover on left, rock right to right side, recover on left  
5,6,7,8      Cross rock right behind left, recover on left, make a quarter turn to your left stepping back on right, make a quarter turn left stepping left to left side (6.0)

## SECTION 2 [9-16] OVER, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SWEEP

1,2,3,4      Cross right over left, left to left side, right behind left, sweep left from front to back  
5,6,7,8      Left behind right, right to right side, cross left over right, sweep right from back to front

## SECTION 3 [17-24] CROSS ROCK, CHASSE A QUARTER, HALF, QUARTER, CROSS SHUFFLE

1,2,3&4      Cross rock right over left, recover on left, right to right side, left next to right, make a quarter turn right stepping forward on right  
5,6,7&8      Make a half turn right stepping back on left, make a quarter turn right stepping right to right side, cross left over right, right to right side, cross left over right

## SECTION 4 [25-32] SIDE ROCK, CROSS SHUFFLE, SIDE, BEHIND, BALL CROSS, SIDE

1,2,3&4      Rock right to right side, recover left, cross right over left, left to left side, cross right over left  
5,6&7,8      Left to left side, right behind left, left to left side and slightly back, cross right over left, left to left side

## SECTION 5 [33-40] CROSS, BACK, SIDE, TOUCH, SIDE, TOUCH, BACK ROCK

1,2,3,4      Cross right over left, step back on left, right to right side, touch left next to right  
5,6,7,8      Left to left side, touch right next to left, rock back on right, recover on left

## SECTION 6 [41-48] SHUFFLE RIGHT, SHUFFLE LEFT, PIVOT A HALF TURN LEFT, WALK, WALK

1&2, 3&4      Step forward on right, left next to right, forward on right, step forward on left, right next to left, forward on left (can be replaced with two shuffle half turns to your left going forward for more difficult shuffles)  
5,6,7,8      Step forward right, pivot a half turn to your left, walk forward right, left

**TAG HERE DURING WALL 3!**

## SECTION 7 [49-56] CROSS, BACK, SIDE, TOUCH, SIDE, TOUCH, BACK ROCK

1,2,3,4      Cross right over left, step back on left, right to right side, touch left next to right  
5,6,7,8      Left to left side, touch right next to left, rock back on right, recover on left

## SECTION 8 [57-64] SHUFFLE RIGHT, SHUFFLE LEFT, PIVOT A HALF TURN LEFT, WALK, WALK

1&2, 3&4      Step forward on right, left next to right, forward on right, step forward on left, right next to left, forward on left (can be replaced with two shuffle half turns to your left going forward for more difficult shuffles)  
5,6,7,8      Step forward right, pivot a half turn to your left, walk forward right, left

[TAG] - During Wall 3, dance up to the end of Section 6 (now facing front) and then do a four-count jazz box with a step (cross, back, side, step forward) and then restart from the beginning of the dance.