

# I'm Movin' On

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍數: 48      牆數: 4      級數: Improver waltz  
編舞者: Setsuko Motoki (JP)  
音樂: I'm Movin' On - Rascal Flatts



## LEFT SPIRAL, RIGHT SPIRAL

1-2-3      Step left foot across right, side step right, turning slightly left step in-place left  
4-5-6      Step right foot across left, side step left, turning slightly right step in-place right

## LEFT SPIRAL WITH ½ TURN LEFT, WALTZ BALANCE STEP

1-2-3      Step on ball of left across right, pivot ½ turn left and step back on ball of right, step in-place left  
4-5-6      Step back on right foot, step together left, step in-place right

## REPEAT ABOVE 12 COUNT

1-12      Repeat above 12 count

## LONG STEP LEFT, SLIDE RIGHT, LONG STEP RIGHT, SLIDE LEFT

1-2-3      Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left foot  
4-5-6      Long step right foot to right, slide left foot to right (over 2 counts), weight on left foot

## CROSS VINE ¼ TURN LEFT, ROCK, RECOVER, SIDE

1-2-3      Step right foot behind left, step left foot beside right with ¼ turn left, step forward on right foot  
4-5-6      Rock forward on left foot, recover to right, step left foot to left side

## LONG STEP RIGHT, SLIDE LEFT, LONG STEP LEFT, SLIDE RIGHT

1-2-3      Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right  
4-5-6      Long step left foot to left, slide right foot to right (over 2 counts) weight stays on left

## FULL TURN RIGHT, LONG STEP RIGHT, SLIDE

1-2-3      Step right foot to right side with ¼ turn right, step forward on left foot, pivot ¾ turn right on left foot  
4-5-6      Long step right foot to right, slide left foot to right (over 2 counts) weight stays on right

## REPEAT

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