

On The Move

Script approved by

Charlotte Oulton



Charlotte Macari

		INTERMEDIATE		STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
		Section 1		Walks Forward, Forward Mambo, Coaster Step, Walks Forward.			
		1 - 2		Step right forward. Step left forward.	Walk Walk	Forward	
		3 & 4		Rock right forward. Recover onto left. Step right beside left.	Mambo Step	On the spot	
		5 & 6		Step left back. Step right beside left. Step left forward.	Coaster Step		
		7 - 8		Step right forward. Step left forward.	Walk Walk	Forward	
		Section 2		Kick, Out, Out, Hip Bumps Left, Hip Bumps Right, & Step 1/2 Pivot.			
		1 & 2		Kick right forward. Step right to right side. Touch left to left side.	Kick Out Out	On the spot	
		3 - 4		Taking weight onto left bump hips left <u>twice</u> .	Bump Left		
		5 - 6		Taking weight onto right bump hips right <u>twice</u> .	Bump Right		
		& 7 - 8		Step left beside right. Step right forward. Pivot 1/2 turn left.	& Step Pivot	Turning left	
		Section 3		1/4 Turn Left, Behind, Heel Jack, 1/2 Turn, Cross, 1/4 Turn Left.			
		1 - 2		Turn 1/4 left stepping right to right side. Cross left behind right.	Turn Behind	Turning left	
		& 3		Step right to right side. Touch left heel forward diagonally left.	& Heel	On the spot	
		& 4		Step left in place. Cross right over left.	& Cross		
		5		Turn 1/4 right stepping left back.	Turn	Turning right	
		6		Turn 1/4 right stepping right to right to right side.	Turn		
		7 - 8		Cross left over right. Turn 1/4 left stepping right back.	Cross Turn	Turning left	
		Section 4		Back Shuffle, Heel Jack, Touch, Heel Jack, Step, 1/4 Turn Touch.			
		1 & 2		Step left back. Close right beside left. Step left back.	Back Shuffle	Back	
		& 3 & 4		Step right back. Touch left heel forward. Step left in place. Touch right beside left.	& Heel & Touch	On the spot	
		& 5 & 6		Step right back. Touch left heel forward. Step left in place. Step right forward.	& Heel & Step	Forward	
		7 - 8		Step left forward. Turn 1/4 right touching right beside left.	Step Touch	Turning right	

4 Wall Line Dance:- 32 Counts. Intermediate.

Choreographed by:- Charlotte Macari (UK) March 2004.

Choreographed to:- 'Ain't No Stopping Us Now' (114 bpm) by McFadden & Whitehead from 'McFadden & Whitehead' CD, also on 'Best Of The Seventies' and other 70's compilations (64 count intro).

Music Suggestion:- 'Friends In Low Places' (108 bpm) by Garth Brooks from 'The Hits' CD