

## I'm Movin' On

48 count, 4 wall, beginner/intermediate level  
Choreographer: Setsuko Motoki (Japan) Nov 2004  
Choreographed to: I'm Movin' On by Rascal Flatts  
(128 bpm)

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Start On Vocal

### 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 1/2 TURN LEFT, WALTZ BALANCE STEP

1,2,3 Step on ball of left across right, pivot 1/2 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 1/4 TURN LEFT, ROCK, RECOVER, SIDE

1,2,3 Step right foot behind left, step left foot beside right with 1/4 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 1/4 turn right, step forward on left foot, pivot 3/4 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

Alternative Music: Someone Must Feel Like A Fool Tonight by Kenny Rogers [100 bpm / CD: Back Home Again]; Husbands & Wives by Brooks & Dunn [104 bpm / CD: If You See Her]; Alibis by Tracy Lawrence [112 bpm / CD: Alibis / CD: Best Of]

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