

2 Smooth 2 Move

32 count, 4 wall, Beginner level

Choreographer : William Sevone (Aus) 1999
Choreographed to : Movin' On by Rankin Family
(144 bpm; Back with a heart by Olivia Newton-
John (110 bpm); I'm from the country by Tracy
Byrd,(129 bpm)

Choreographers note:- Even though the rhythm of 'Movin' On' appears to be fast - the dance is not.

Right Toe In. Right Heel In. 3x Back Toe Struts.

- 1 - 2 Touch right toe to left instep. Touch right heel to left instep.
- 3 - 4 Step right toe back. Place right heel to floor.
- 5 - 6 Step left toe back. Place left heel to floor.
- 7 - 8 Step right toe back. Place right heel to floor.

Left Toe In. Left Heel In. 3x Back Toe Struts.

- 9 - 10 Touch left toe to right instep. Touch left heel to right instep.
- 11 - 12 Step left toe back. Place left heel to floor.
- 13 - 14 Step right toe back. Place right heel to floor.
- 15 - 16 Step left toe back. Place left heel to floor.

1/4 Left. Step Fwd. 2x Touch-Step Fwd. Touch. Cross. Unwind 1/2 Left.

- 17 Turn 1/4 left & step forward onto right foot.
- 18 - 19 Touch left toe to side. Step left foot in front of right.
- 20 - 21 Touch right toe to side. Step right foot in front of left.
- 22 Touch left toe to side.
- 23 - 24 Cross/step left foot behind right. Unwind 1/2 left.

Cross. Unwind 1/2 Left. Hitch. 5x Knee Pop's.

- 25 - 26 Cross/step right foot in front left. Unwind 1/2 left.
- 27 - 28 Hitch left knee across right leg. Returning left to place - 'pop' right knee to left.
- 29 - 30 Straighten right leg - 'popping' left knee to right. Straighten left leg - 'popping' right knee to left.
- 31 - 32 Straighten right leg - 'popping' left knee to right. Straighten left leg - 'popping' right knee to left.

Choreographers variation option:

- On counts 5 - 8 full turn to the left.
- 13 - 16 full turn to the right.