

Movin'

40 count, 4 wall, Beginner level

Choreographer : Virginia Tsui (Canada) May 2001

Choreographed to : Movin' by Various Artists from

The Very Best of Asia Dance 2000 CD

STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH TOGETHER x 2

- 1 – 2 Step Left foot forward, kick Right foot forward.
3 – 4 Step Right foot back, touch Left foot next to Right foot.
5 – 6 Step Left foot forward, kick Right foot forward,
7 – 8 Step Right foot back, touch Left foot next to Right foot.

SIDE LEFT, TOGETHER, SIDE, SIDE RIGHT, SLIDE TOGETHER. SHUFFLE FORWARD, STEP BACK, SLIDE TOGETHER.

- 9 &10 Step Left foot to side left, step Right foot next to Left foot, step Left foot to side left.
11-12 Step Right foot to side right (a big step to side right), slide Left foot next to Right foot.
13&14 Step Right foot forward, step Left foot next to Right foot, step Right foot forward.
15-16 Step Left foot back, slide Right foot next to Left foot.

COASTER STEP BACK, ROCK FORWARD. COASTER STEP BACK, STEP FORWARD & TURN ½ RIGHT.

- 17&18 Step Left foot back, step Right foot next to Left foot, step Left foot forward.
19-20 Step Right foot forward, rock Left foot in place.
21&22 Step Right foot back, step Left foot next to Right foot, step Right foot forward.
23-24 Step Left foot forward, weight on Right foot & make a turn ½ turn right.

TOE – HEEL STRUT SYNCOPATED STEP, KICK RIGHT SIDE, STEP, KICK LEFT, SYNCOPATED STEP, KICK FORWARD, STEP, KICK BACKWARD.

- 25-26 Touch Left toe forward, drop Left heel to floor with weight.
25-27 Touch Right toe forward, drop Right heel to floor with weight.
& 29 Step Left foot next to Right foot, kick Right foot out to side right.
& 30 Step Right foot next to Left foot, kick Left foot out to side left.
& 31 Step Left foot next to Right foot, kick Right foot forward.
& 32 Step Right foot next to Left foot, kick Left foot backward.

Note: while doing on the count &29, &30, &31, &32. as same as Hip-Hop action.

Option:

- On the count &29 Step Left foot next to Right foot, touch Right toe to side right.
&30 Step Right foot next to Left foot, touch Left toe to side left.
&31 Step Left foot next to Right foot, touch Right toe forward.
&32 Step Right foot next to Left foot, touch Left toe back.

SHUFFLE LEFT FORWARD, SHUFFLE RIGHT FORWARD. STEP BACK, STEP BACK, TOUCH BACK & TURN ¼ LEFT, HOOK.

- 33&34 Step Left foot forward, step Right foot next to Left foot, step Left foot forward.
35&36 Step Right foot forward, step Left foot next to Right foot, step Right foot forward.
37-38 Step Left foot back, step Right foot back.
39-40 Touch Left toe back & make a turn ¼ turn left, hook Left leg across front of Right leg (bend Left knee & kick Left heel to right across front of Right leg).