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Movin' It

BEGINNER

48 Count

Choreographed by: Gloria Johnson
Choreographed to: Move It On Over by Three Hanks

SHUFFLE SWING STYLE 1 & 2 Shuffle in place on right, left, right while swinging body 1/4 to the left 3 Rock back on left 4 Rock forward on right (turning body back to LOD) 5 & 6 Shuffle in place on left, right, left while swinging body 1/4 to the right 7 Rock back on right Rock forward on left (turning body back to LOD) 8 **SLOW JAZZ BOX** Cross-step right over left; hold one beat 9 - 10 11 - 12 Step back on left; hold one beat 13 - 14 Step right to right side; hold one beat 15 - 16 Step left next to right; hold one beat **SWIVEL & HOLD TO RIGHT** 17 - 18 Swivel heels to right; hold one beat 19 - 20 Swivel toes to right; hold one beat **SWIVEL BACK WITH 1/4 TURN** 21 - 22 Swivel toes to left; swivel heels to left Swivel toes to left 23 24 Swivel heels to left ending facing 1/4 turn to the right. You should be standing with weight on heel of left foot with right foot on floor slightly ahead of left **SHUFFLE SWING STYLE** 25 & 26 Shuffle in place on right, left, right while swinging body 1/4 to the left 27 Rock back on left 28 Rock forward on right (turning body back to LOD) Shuffle in place on left, right, left while swinging body 1/4 to the right 29 & 30 31 Rock back on right 32 Rock forward on left (turning body back to LOD) **REVERSE VINE WITH HOLDS** 33 - 34 Step right across left; hold one beat Step left out to left side; hold one beat 35 - 36 37 - 38 Step right across left; hold one beat 39 - 40 Step left out to left side; hold one beat **LOCK STEP BACK** 41 Step right back to 5:00 o'clock Slide left to right side of right (lock-step) 42 43 Step right back to 5:00 o'clock Slide left to right side of right (lock-step) 44 Step right back to 5:00 o'clock 45 46 Slide left to right side of right (lock-step) 47 Stomp right in place to right of left foot 48 Stomp left in place /On Step 47, your left foot is locked over your right, weight should be on the left foot. Simply swing right foot behind left and stomp in its' normal spot to the right of the left foot... Easy

enough!