

Movin' On

32 count, 4 wall, Intermediate level
Choreographer : Phil Carpenter (UK) 1999
Choreographed to : No One Needs To Know
by Shania Twain, The Woman In Me

SECTION 1: LEFT ROCK FORWARD, RECOVER, COASTER CROSS, SIDE, BEHIND, CHASSE TO RIGHT.

- 1 – 2 LEFT ROCK FORWARD, RIGHT RECOVER WEIGHT BACK.
- 3 & 4 LEFT STEP BACK, RIGHT STEP TOGETHER WITH LEFT, LEFT CROSS OVER RIGHT.
- 5 – 6 RIGHT STEP TO RIGHT SIDE, LEFT CROSS BEHIND RIGHT.
- 7 & 8 RIGHT STEP TO RIGHT SIDE, LEFT CLOSE NEXT TO RIGHT, RIGHT STEP TO RIGHT SIDE.

SECTION 2: TOUCH TOE, HEEL DIG WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, ROCK FORWARD, RECOVER BACK, TOUCH BACK, ½ TURN RIGHT.

- 9 LEFT FOOT TOUCH TOE NEXT TO RIGHT INSTEP WHILST TURNING BODY DIAGONALLY RIGHT.
- 10 LEFT HEEL DIG WHILST TURNING BODY ¼ TURN LEFT TO FACE 9'O CLOCK WALL.
- 11 & 12 LEFT STEP FORWARD, RIGHT STEP NEXT TO LEFT, LEFT STEP FORWARD.
- 13 – 14 RIGHT FOOT ROCK FORWARD, RECOVER WEIGHT ON LEFT.
- 15 - 16 RIGHT FOOT TOUCH BACK, ½ TURN RIGHT TRANSFERRING WEIGHT ONTO RIGHT.

SECTION 3: SWIVEL ½ TURN LEFT, SWIVEL ½ TURN RIGHT, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, STEP TO RIGHT SIDE, HOLD.

- 17 - 18 SWIVEL ½ TURN LEFT, SWIVEL 1/2 TURN RIGHT.
- 19 - 20 LEFT STEP FORWARD, PIVOT ½ TURN RIGHT (WEIGHT ENDS ON RIGHT)
- 21 & 22 LEFT STEP FORWARD, RIGHT STEP BESIDE LEFT, LEFT STEP FORWARD.
- 23 - 24 RIGHT STEP TO RIGHT SIDE, HOLD.

SECTION 4: LEFT CROSS, POINT RIGHT, RIGHT CROSS, UNWIND ½ TURN LEFT, LEFT KICK BALL WITH ¼ TURN TOUCH, RIGHT KICK BALL WITH ¼ TURN TOUCH.

- 25 - 26 LEFT CROSS OVER RIGHT (WOL), TOUCH RIGHT TOE TO RIGHT SIDE
- 27 - 28 RIGHT CROSS OVER LEFT, UNWIND ½ TURN LEFT.
- 29 KICK LEFT FORWARD,
- & STEP BACK ON THE BALL OF LEFT WHILST MAKING ¼ TURN LEFT
- 30 TOUCH RIGHT NEXT TO LEFT (WOL).
- 31 KICK RIGHT FORWARD
- & STEP BACK ONTO THE BALL OF RIGHT FOOT WHILST MAKING ¼ TURN LEFT.
- 32 TOUCH LEFT NEXT TO RIGHT (WOR).

REPEAT DANCE FACING NEW WALL

ENJOY AND HAVE FUN

CHOREOGRAPHERS NOTE: WOR = WEIGHT ON RIGHT WOL = WEIGHT ON LEFT
FOR THOSE DANCERS WHO DO NOT WISH TO DO THE SWIVEL TURNS ON STEP 17-18, REPLACE WITH ROCK BACK ON THE LEFT, ROCK FORWARD ON THE RIGHT.