
Choreographers note:- The title of this dance should not be confused with 'Move On Up' which is a dance (also choreographed by myself) to the Curtis Mayfield song of the same name. On a number of compilation albums there is the 'single' or shorter version. All versions can be used with this dance. This dance should present no problem to established Beginners or above within the new levels. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the vocals (all versions) with feet slightly apart and weight on the left foot.

2x Side Rock-Rock-Together-Hold (12:00)

1 - 2 Rock right foot to right side. Rock step onto left foot.
3 - 4 Step right foot next to left. Hold.
5 - 6 Rock left foot to left side. Rock step onto right foot.
7 - 8 Step left foot next to right. Hold.

Fwd Push Step. Step. Bwd Push Step. Step. 2x Fwd Shuffle (12:00)

9 - 10 Push step right foot forward. Step onto left foot.
11 - 12 Push step right foot backward. Step onto left foot.
13& 14 Step forward onto right foot, close left foot next to right, step forward onto right foot.
15& 16 Step forward onto left foot, close right foot next to left, step forward onto left foot.

2x Step Fwd-Pivot 1/2 Left. Grapevine with Toe Touch (or Option) (12:00)

17 - 18 Step forward onto right foot. Pivot 1/2 left (weight on left foot).
19 - 20 Step forward onto right foot. Pivot 1/2 left (weight on left foot).
21 - 22 Step right foot to right side. Cross step left foot behind right.
23 - 24 Step right foot to right side. Touch left toe next to right foot - clicking fingers
Dance note Option: Count 24 - Angle body to left & touch left heel forward - clicking fingers.

Grapevine with Toe Touch (or Option). 2x Bwd Shuffle. 1/4 Right (3:00)

25 - 26 Step left foot to left side. Cross step right foot over left.
27 - 28 Step left foot to left side. Touch right toe next to left foot - clicking fingers.
Dance note: Option: Count 28 - Angle body to right & touch right heel forward - clicking fingers.
28& 30 Step backward onto right foot, close left foot next to right, step backward onto right
31& 32 Step backward onto left foot, close right foot next to left, step backward onto left foot.
& (with right foot slightly raised) Turn 1/4 right - ready to restart the dance from count 1

General Style Note: As all the shuffle's are 'short stepped', why not include an 'upper body angle'.

Other suggested music:

Perry Como	Magic Moments (102 bpm)
Lee Ann Womack	You've got to talk to me (110 bpm)
Black Eyed Peas	Shut up (113 bpm)
Lulu	Where the poor boy's dance (113 bpm)
Sister Sledge	We are family (114 bpm)
LMC vs U2	Take me to the clouds above (131 bpm)
Sylvester	(You make me feel) Mighty real (132 bpm)
Marlena Shaw	Wade in the water (138 bpm)
Ramsey Lewis Trio	Wade in the water (138 bpm)
Jackie Wilson	(I get the) Sweetest feeling (124 bpm)