

## On The Move

32 Count, 2 Wall, Intermediate

Choreographer: Paul McAdam (UK) June 2009  
Choreographed to: Ain't No Stopping Us Now by  
McFadden & Whitehead

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Count in: Approximately 32 counts, 17 seconds into song

**1-8 2X WALKS, ANCHOR STEP, 2X ½ TURNS, OUT-OUT & CROSS**

- 1,2 Walk forward right, left  
3&4 Cross right foot behind left foot, step left foot in place, step right foot in place  
5,6 Make a ½ turn left and step forward on left foot, make a ½ turn left and step back on right foot  
&7 Step left foot out to left side, step right foot out to right side  
&8 Step back on left foot, cross right foot over left foot

**9-16 SIDE, BEHIND-SIDE-CROSS, SIDE, SAILOR DIAGONAL, CROSS UNWIND ½ TURN**

- 1,2&3 Step left foot to left side, cross right foot behind left, step left foot to left side,  
cross right foot over left  
4,5&6 Step left foot to left side, cross right foot behind left foot, step left foot to left side,  
step right foot to right diagonal  
7,8 Cross left foot behind right, unwind a ½ turn left (weight on left)

**17-24 WEAVE, ¼ TURN COASTER STEP**

- 1,2 Cross right foot over left, step left foot to left side  
3,4 Cross right foot behind left foot, step left foot to left side  
5,6 Cross right foot over left foot, make a ¼ turn right and step back on left foot  
7&8 Right coaster step

**25-32 ¾ TURN HIP BUMPS, KICK BALL CHANGE, LEAN BACK, & TOGETHER**

- 1&2 Make a ¼ turn right and step left foot out to left side, bumping hip left,  
recover weight onto right foot, make a ¼ turn right and step back on left foot  
3&4 Make a ¼ turn right and step right foot forward bumping right hip forward,  
rock weight onto left, recover weight on right  
5&6 Kick left foot forward, step back on left foot, step right foot next to left  
7 Lean back taking weight on left foot  
&8 Step back on right foot, step together left foot

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