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## In Motion

32 Count, 0 Wall, Intermediate  
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Choreographed to: In Motion by Jon Ali

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**Note: Tag at the end of 8 Wall**

**[1-8] STEP BACK TWICE - COASTER STEP - BALL STEP - STEP 1/4 TURN - SAILOR STEP 1/4 TURN**

1-2 Step Back R, step back L  
3&4 Coaster Step R  
&5-6 Step L next to R, step forward on R, Step L to L side with 1/4 turn to R  
7&8 Sailor Step R in 1/4 turn on R

**[19 – 16] UNWIND 3/4 TURN WITH SWEEP - CROSS - SIDE - BEHIND - SIDE - ROCK WITH 1/4 TURN - STEP 1/4 - CROSS BEHIND**

1-2 Unwind 3/4 turn to L with sweep R  
3-4 Cross R over L, Step L to L  
5& Cross R behind L, Step L to L  
6&7 Cross Rock Step R over L (6&), Step R in 1/4 turn to R (7),  
&8 Poser L to L in 1/4 turn to R, Cross R behind L

**[17-24] STEP SIDE - ROCK FWD - SWEEP - SAILOR STEP - SAILOR STEP 1/4 TURN R - HALF TURN R - L**

&1-2 Step L to L, Rock Step R forward, Sweep R from forward to backward  
3&4 Sailor Step R  
5&6 Sailor Step L in 1/4 to R  
7-8 Step forward on R in 1/2 turn to R, Step back on L with 1/2 turn to R

**[25-32] COASTER STEP - STEP FWD TWICE - MAMBO 1/2 TURN - PADDLE TURN 1/4 TURN TWICE**

1&2 Coaster step R  
3-4 Step forward on L, Step forward on R  
5&6 Mambo L forward, Step L forward in 1/2 turn to L  
7-8 Touch R to R with 1/4 turn to L, Touch R to R with 1/4 turn to L

**TAG: At the end of 8th wall add 4 count :**

**[1-4] IN IN - OUT OUT - IN IN - BOUNCE**

&1 Step R next to L, Step L next to R  
&2 Step R to R side, Step L to L side  
&3 Step R next to L, Step L next to R  
&4 Bounce

**Have fun**