

On The Move

Count: 32

Wall: 4

Level: Advanced

Choreographer: Hiroko Carlsson (Grafton, Australia) February 2024

Music: On The Move by LIZOT - Available on Spotify/Apple Music/Deezer

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] Fwd, Flick, 1/4R Flick, Shoulder Wiggles, Behind-Side, Cross Rock

1 2 3 Step forward on R, Flick L behind R, Make a ¼ turn right on ball of R/ flick L to the left (3:00)

4&5 Step L to the side/ wiggle your shoulders L-R-L

6& Step R behind L, Step L to the side

7 8 Rock/ cross R over L, Replace weight on R

[S2] Side, 1/4R, 1/4R Side Rock, Sailor Step, Touch-Unwind 1/2L-Sailor Step

1 2 Step R to the side, Make a ¼ turn right stepping L to the side (6:00)

3 4 Make a ¼ turn right stepping (rock) R to the side (9:00), Replace weight on L

5&6 Step R behind L, Step L to the side, Step R to the side

7& Touch back on L, Make a ½ turn left (unwind) weight ends on R (3:00)

8&1 Step L behind R, Step R to the side, Step L to the side

[S3] Back Rock, Step-Lock-Step, Paddle R-Cross-Side-Behind Rock

2 3 Rock back on R, Replace weight on L

4&5 Step forward on R, Lock L behind R, Step forward on R

6& Step forward on L, Make a ¼ turn right recover weight on R (6:00)

7& Cross L over R, Step R to the side

8& Rock/ cross L behind R, Replace weight on R

[S4] Side, Together, Cross, 1/4L Shuffle Back, Replace, Step-Pivot 1/2L

1 2 3 Step L to the side, Step R next to L, Cross L over R

4&5 Making a ¼ turn left shuffle back on R-L-R (3:00)

6 7 8 Replace/ step forward on L, Step forward on R, Make a ½ turn left recover weight on L (9:00)

No tags or restarts.

Ending suggestion: The last wall ends facing 9:00. Make a ¼ swift turn right on ball of L foot, Stepping forward on R (12:00).

(updated: 14/Feb/24)