

ON THE MOVE

LINEDANCE.COM

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Paul McAdam

Music: "Aint no stopping us now" by McFadden & Whitehead

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) WEAWE, 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

START AGAIN AND ENJOY!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=77905