

# Moving On

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**Count:** 48      **Wall:** 2      **Level:** Intermediate waltz

**Choreographer:** CeeJay Browne - March 2019

**Music:** I'm Moving On by Rascal Flatts

**Also: Back to Life by Rascal Flatts**

**\*1 Restart on wall 4 after 36 counts (6 o/c)**

**\*1 Long Tag at end of Wall 6 (6 o/c - instrumental)**

**Wait 24 counts**

**Start Intro Steps (with violins): 24 counts (see end of step sheet)**

**Start main dance on vocals**

**STEP LARGE L, DRAG R,  $\frac{1}{4}$  R,  $\frac{1}{2}$  R,  $\frac{1}{4}$  R (FULL TURN R)**

**1,2,3,** Step large step L to L, drag R to meet L

**4,5,6** Turn  $\frac{1}{4}$  R onto R, turn  $\frac{1}{2}$  R onto L, turn  $\frac{1}{4}$  R onto R 12 o/c

**Non turning option: 4,5,6 Side R, L behind R, Side R**

**CROSS STEP L, POINT R, CROSS UNWIND FULL TURN L,**

**1,2,3,** Cross step L over R, Point R to R, hold

**4,5,6,** Cross R over L, unwind full turn L (weight on L) 12 o/c

**Non turning option: 4,5,6 small steps back R, back L, touch R next to L**

**STEP LARGE R, DRAG L, STEP L BACK, SWEEP R**

**1,2,3** Step large step R to R, drag L to meet R

**4,5,6** Step L back, Sweep R from front to back

**STEP R BACK, SWEEP L, L SAILOR  $\frac{1}{2}$  TURN L**

**1,2,3,** Step R back, Sweep L from front to back

**4,5,6** Swing L behind R turning  $\frac{1}{2}$  L, step R to R, step L to L (1/2 turning sailor) 6 o/c

**ROCK R FWD, REC L, TURN  $\frac{1}{4}$  R ONTO R, CROSS ROCK L, REC R, L TO L SIDE**

**1,2,3,** Rock R forward, recover back onto L, turn  $\frac{1}{4}$  R onto R 9 o/c

4,5,6, Cross rock L over R, recover onto R, step L to L side

**ROCK R FWD, REC L, TURN ¼ R ONTO R, CROSS L OVER R, R TO R SIDE, DRAG L**

1,2,3, Rock R forward, recover back onto L, turn ¼ R onto R 12 o/c

4,5,6, Cross step L over R, Step R to R side, drag L to meet R

**\* Restart on Wall 4 here, 6 o/c**

**ROLL FULL TURN L, SWEEP R ROUND (OR TOUCH/TOUCH R), STEP BACK R**

1,2,3, Step ¼ L onto L, step ½ L onto R, step ¼ L onto L, 12 o/c

4,5,6, Sweep R round (side,front,back; OR touch R next to L twice), step back onto R

**ROCK BACK L, REC R, TURN ½ R ONTO L, STEP BACK R, DRAG L**

1,2,3, Rock back onto L, recover forward onto R, turn ½ R onto L 6 o/c

4,5,6, Step large step back onto R, drag L to meet R

**Start again!**

**At the end of Wall 6 (6 o/c) there is long tag : [(or bridge), to fit the music - instrumental)]**

**LONG TAG:**

**SWAY L, SWAY R**

1,2,3, Sway L

4,5,6, Sway R

**BASIC FWD, BASIC BACK**

1,2,3, Step fwd L, step R next to L, step L next to R

4,5,6, Step back R, step L next to R, step R next to L

**BASIC ½ TURN L, BASIC BACK,**

1,2,3, Step forward L turning ¼ L, step R turning ¼ L, step L next to R

4,5,6, Step R back, step L next to R, step R next to L

**BASIC ½ TURN L, BASIC BACK,**

1,2,3, Step forward L turning ¼ L, step R turning ¼ L, step L next to R

4,5,6, Step R back, step L next to R, step R next to L

## **ROCK L, REC R, CROSS L OVER R, STEP R TO R, DRAG L**

**1,2,3** Rock L to L side, recover onto R, Cross L over R

**4,5,6,** Step R to R side, drag L to meet R

## **Start again!**

## **INTRO STEPS**

## **BASIC FWD, BASIC BACK**

**1,2,3** Step fwd L, step R next to L, step L next to R 12 o/c

**4,5,6,** Step back R, step L next to R, step R next to L

## **BASIC ½ TURN L, BASIC BACK,**

**1,2,3** Step forward L turning ¼ L, step R turning ¼ L, step L next to R 6 o/c

**4,5,6** Step R back, step L next to R, step R next to L

## **BASIC ½ TURN L, BASIC BACK,**

**1,2,3** Step forward L turning ¼ L, step R turning ¼ L, step L next to R 12 o/c

**4,5,6** Step R back, step L next to R, step R next to L

## **ROCK L, REC R, CROSS L OVER R, STEP R TO R, DRAG L**

**1,2,3** Rock L to L side, recover onto R, Cross L over R 12 o/c

**4,5,6,** Step R to R side, drag L to meet R

## **Start Dance ...**

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