

Movin' On Up

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Count: 32 **Wall:** 4 **Level:** Novice

Choreographer: Cheri Coker and Gerina Aarhus

Music: Movin' On Up by M People - also: My Fitness Music [album: Best of the 90s Vol 2]

[1 - 8] Vine right, touch, vine left, touch

1-4 Step right to side, step left behind right, right to side, touch left

5-8 Step left to side, step right behind left, left to side, touch right

[9-12] Step back, slide, step back, slide

1-2 Step right back, slide left to right

3-4 repeat 1-2

[13-16] Step forward, slide(lock), step forward, scuff-hitch-turn 1/4 left

1-2 Step left forward, slide right to left (mini-lock is okay),

3-4 Step left forward, scuff right forward while hitching and turning 1/4 left on ball of left foot

[17-24] Toe-heel struts (x 4)

1-2 Step forward on right toe, slap heel down

3-4 Step forward on left toe, slap heel down

5-6 repeat 1-2

7-8 repeat 3-4

[25-32] Long step back, slide, sway, sway, sailor cross

1 Long step back on right

2-4 Slide/drag left to right

5-6 Sway left, sway right

7&8 Step left behind right, step right to side, cross left over right

Begin again

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