

ON THE MOVE

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Charlotte Macari

Music: Ain't No Stopping Us Now by McFadden And Whitehead

TWO WALKS FORWARD, RIGHT, LEFT, RIGHT MAMBO FORWARD, LEFT COASTER STEP BACK, REPEAT TWO WALKS

1-2 Walk forward on right, walk forward on left

3&4 Right mambo step forward

5&6 Left coaster step back

7-8 Walk forward on right, walk forward on left

RIGHT KICK, STEP, STEP, HIP BUMPS LEFT THEN RIGHT, BALL STEP, PIVOT TURN

9&10 Kick right foot forward, step right to right side, step left to left side (keeping weight on right foot)

11-14 Bump hips twice to left side, repeat to right side

&15-16 Step the left in place, step forward on right, $\frac{1}{2}$ turn pivot left

STEP RIGHT $\frac{1}{4}$ TURN LEFT, BEHIND, HEEL JACK, $\frac{1}{2}$ TURN RIGHT, CROSS, $\frac{1}{4}$ TURN LEFT

17-18 Turn $\frac{1}{4}$ left, stepping right to right side, step left behind right

&19&20 Step right to right side, touch left heel to left diagonal, step left in place, cross right over left

21-22 Turn $\frac{1}{4}$ right stepping back on left, turn $\frac{1}{4}$ right stepping to right side

23-24 Cross left over right, turn $\frac{1}{4}$ left stepping back on right

LEFT SHUFFLE BACK, HEEL JACK WITH TOUCH, HEEL JACK WITH STEP, STEP FORWARD, $\frac{1}{4}$ TURN RIGHT WITH TOUCH

25&26 Shuffle back left, right, left

&27&28 Step back on right, touch left heel forward, step left in place, touch right next to left

&29&30 Step back on right, touch left heel forward, step left in place, right step forward

31-32 Left step forward, turn $\frac{1}{4}$ right touching right next to left

REPEAT