

# MOVIN' IT

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**Count:** 48      **Wall:** 4      **Level:** intermediate

**Choreographer:** Gloria Johnson

**Music:** Move It On Over by The Three Hanks

**This is a fairly high energy dance, but not as difficult as it would seem. The speed of the music (at 166 beats per minute) is what makes it more difficult**

## SHUFFLE SWING STYLE

- 1&2** Shuffle in place on right, left, right while swinging body  $\frac{1}{4}$  to the left
- 3** Rock back on left
- 4** Rock forward on right (turning body back to LOD)
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- 5&6** Shuffle in place on left, right, left while swinging body  $\frac{1}{4}$  to the right
- 7** Rock back on right
- 8** Rock forward on left (turning body back to LOD)

## SLOW JAZZ BOX

- 9-10** Cross-step right over left; hold one beat
- 11-12** Step back on left; hold one beat
- 13-14** Step right to right side; hold one beat
- 15-16** Step left next to right; hold one beat

## SWIVEL & HOLD TO RIGHT

- 17-18** Swivel heels to right; hold one beat
- 19-20** Swivel toes to right; hold one beat

## SWIVEL BACK WITH $\frac{1}{4}$ TURN

- 21-22** Swivel toes to left; swivel heels to left
- 23** Swivel toes to left
- 24** Swivel heels to left ending facing  $\frac{1}{4}$  turn to the right. You should be standing with weight on heel of left foot with right foot on floor slightly ahead of left

## SHUFFLE SWING STYLE

- 25&26** Shuffle in place on right, left, right while swinging body  $\frac{1}{4}$  to the left
- 27** Rock back on left
- 28** Rock forward on right (turning body back to LOD)
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- 29&30** Shuffle in place on left, right, left while swinging body  $\frac{1}{4}$  to the right
- 31** Rock back on right
- 32** Rock forward on left (turning body back to LOD)

## REVERSE VINE WITH HOLDS

- 33-34** Step right across left; hold one beat
- 35-36** Step left out to left side; hold one beat
- 37-38** Step right across left; hold one beat
- 39-40** Step left out to left side; hold one beat

## LOCK STEP BACK

- 41** Step right back to 5:00 o'clock
- 42** Slide left to right side of right (lock-step)
- 43** Step right back to 5:00 o'clock
- 44** Slide left to right side of right (lock-step)
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- 45** Step right back to 5:00 o'clock
- 46** Slide left to right side of right (lock-step)
- 47** Stomp right in place to right of left foot
- 48** Stomp left in place

**On Step 47, your left foot is locked over your right, weight should be on the left foot. Simply swing right foot behind left and stomp in its' normal spot to the right of the left foot... Easy enough!**

## REPEAT