

MOVIN' ON UP

Rhythm: Cha Cha
(Chase Full Turn)

Phase : IV+0+1

Choreographer: Birgit Haltmayer

Music: M People

3:34 min

CD: The Best Of M People

iTunes download

Sequence: Intro AB ABC B End

Intro (12) – Bfly/W, Lead Ft Free

Wait 2 ;; Cuca 2x ;;

Chase Full Trn 2x (Chase) ;;;

Basic ;; Shldr to Shldr 2x ;;

Part A (16)

Hd to Hd ; Aida ; Switch X ; Crab Wlk End RLOD ;

Spot Trn ; Ldy to Fan ; Hockey Stick Fc/W ;;

NY ; Aida ; Switch Rk ; Crab Wlks to LOD ;;

Fence Line ; Spot Trn ; ½ Basic Bk ;

Part B (12)

Sand Stps ;; Travlq Doors ;;

Sand Stps ;; Travlq Doors ;;

Cuca 2x ;; Basic ;;

Part C (16)

Alemana ;; Lariat ; to L Hd Star ;

Umbrella Trn ;;; to Bfly/W ;

Bk Brk to Tripl Cha Fwd ;; Rk Rec-Tripl Cha Bk ;;

Slidg Doors ;; Circle Cha ; to BFLY ;

Ending (14)

Fence Line 2x ;; Basic ;;

Chase Full Trn 2x (Chase) ;;;

Shldr to Shldr 2x ;; ½ Basic ; Aida to LOD ; Switch X & Lunge to Sd ;;