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Move On Up

32 count, 4 wall, beginner level

Choreographer: William Sevone (April 2004)

Choreographed to: Move On Up by Curtis Mayfield
(146 bpm) from the albums Greatest Hits or Ultimate
Hen Night Party or other compilations...for alternate
music refer to dance sheet

Choreographers note:- I have used the original 1971 disco classic for this dance - as it is the most readily available version. Section two consists of a step combination which I have called a 'Bow Vine', so called not only for simplicity but also for accuracy of description. Because of the single count combination turns this dance would be suitable for established new level Beginners and above. Always remember - 'The beat may reach your feet - but the rhythm will electrify your soul'. Dance starts after the 32 count intro - on the vocals. Feet together and weight on the right foot.

2x Slow Sailor Step. 2x Side Rocks. (12:00)

- 1 - 2 Cross step left foot behind right. Step right foot next to left.
- 3 Step left foot to left side.
- 4 - 5 Cross step right foot behind left. Step left foot next to right.
- 6 Step right foot to right side.
- 7 - 8 Rock onto left foot. Rock onto right foot.

The Bow Vine with Touch/Points (12:00)

- 9 - 10 Cross step left foot behind right. Step right foot to right side.
- 11 - 12 Cross step left foot over right. Touch/point right toe to right side.
- 13 - 14 Cross step right foot over left. Step left foot to left side.
- 15 - 16 Cross step right behind left. Touch/point left toe to left side.

Styling: Finger clicks with toe touch/points

1/4 Left Slow Fwd Coaster Step. Step Fwd. 1/2 Left Step Bwd. Slow Fwd Coaster Step (3:00)

- 17 - 18 Turn 1/4 left & step backward onto left foot. Step right foot next to left.
- 19 Step forward onto left foot.
- 20 - 21 Step forward onto right foot. Turn (on ball of right) 1/2 left & step backward on left foot.
- 22 - 23 Step backward onto right foot. Step left foot next to right.
- 24 Step forward onto right foot.

2x Shuffle Fwd. Push Step. Step. 1/2 Left Step Fwd. Push Step. (9:00)

- 25 & 26 (short steps) Step forward on left foot, close right foot next to left, step forward on left
- 27 & 28 (short steps) Step forward on right foot, close left next to right, step forward on right.
- 29 - 30 Push step forward onto left foot. Rock step onto right foot.
- 31 - 32 Turn (on ball of right) 1/2 left & step forward on left foot. Push step forward on right.

DANCE FINISH: The dance (if using the original 1971 version) will finish on count 32 of the 14th wall facing the 6:00 position (which makes its ideal for an 'exit' off the dance floor)

Other suggested music: Yvonne Elliman	If I can't have you (109 bpm)
George Lucas	I'm pretending (110 bpm)
Jamelia	Superstar (110 bpm)
Kool & The Gang Ladies night	(110 bpm)
Freda Payne	Band of gold (120 bpm)
Sandi West	Closer (121 bpm)
Sophie Ellis -Bextor	I won't change you (121 bpm)
Moloko	Sing it back (122 bpm)
Shelby Lynn	Baby (124 bpm)
Deryl Dodd	Time on my hands (126 bpm)
Diana Ross	Chain reaction (128 bpm)
