

Movin' On Up



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Music: CD: "C.F.D. Movin' On Up" DLD 1080 Track #1 or Record: S.T.A.R. 193 from Dosado.com

Suggested speed: Decrease speed from 30MPM to 29MPM

Footwork: Opposite, directions for man (lady as noted) Note: Timing indicates weight changes only

Rhythm & Phase: Cha Cha IV+0+1 (Checked New Yorker w/ W's Spin)

Sequence: **Intro A B A B C B End**

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Meas

INTRO

1-4 WAIT 2 MEAS;; CHASE FULL TRNS;;

1-2 Wait 2 Meas in FCG Pos/WALL lead ft free no hnd jnd;;

3-4 **{Chase Full Trns}** Fwd L trng RF 1/2 to fc COH, rec R trng RF 1/2 to fc WALL, bk L/lk RIF, bk L (W bk R, rec L, fwd R/lk RIB, fwd L) end FCG Pos/WALL; Bk R, rec L, fwd R/lk LIB, fwd R joining lead hnds (W fwd L trng RF 1/2 to fc WALL, rec R trng RF 1/2 to fc COH, bk L/lk RIF, bk L) end LOP FCG/WALL;

PART A

1-8 CROSS BODY TO FC COH JOIN R-HNDS;; SHADOW NEW YORKER; CROSS BODY TO WALL; SHADOW NEW YORKER TO X-HNDS; X-HND UNDERARM TRN TO M'S SKATERS; WHEEL TO FC WALL; W ROLL OUT TO FC;

1-2 **{Cross Body to Fc COH join R-hnds}** LOP FCG/WALL fwd L assuming CP, rec R trng LF 1/4 to fc LOD, sd L leading W fwd/cl R, sd L (W bk R, rec L, fwd R/lk LIB, fwd R) end momentary L-Shape CP M fcg LOD (W fcg COH); Bk R leading W fwd, rec L trng LF 1/4 to fc COH, sd R/cl L, sd R joining R-hnds (W fwd L, fwd R trng LF 1/2 to fc WALL, sd L/cl R, sd L) end FCG Pos/COH R-hnds jnd;

3 **{Shadow New Yorker}** Trng RF to fc LOD fwd L placing L-hnd at W's L-shoulder blade, rec R, trng LF to fc COH sd L/cl R, trng LF to fc RLOD sd L (W trng LF to fc LOD fwd R extending L-hnd out to sd, rec L, trng RF to fc WALL sd R/cl L, sd R) end L-Shape Pos M fcg RLOD (W fcg WALL) R-hnds jnd;

4 **{Cross Body to Wall}** Bk R leading W fwd, rec L trng LF 1/4 to fc WALL, sd R/cl L, sd R (W fwd L, fwd R trng LF 1/2 to fc COH, sd L/cl R, sd L) end FCG Pos/WALL R-hnds jnd;

5 **{Shadow New Yorker to X-hnds}** Trng RF to fc RLOD fwd L placing L-hnd at W's L-shoulder blade, rec R, trng LF to fc WALL sd L/cl R, sd L joining L-hnds under R-hnds (W trng LF to fc RLOD fwd R extending L-hnd out to sd, rec L, trng RF to fc COH sd R/cl L, sd R) end FCG Pos/WALL both hnds joined R over L;

6 **{X-Hnd Underarm Trn to M's Skaters}** Bk R raising jnd R-hnds above head to lead W trn RF under jnd R-hnds, rec L raising jnd L-hnds, trng LF to fc LOD & passing under jnd L-hnds sd R sliding IF of W/cl L, sd R lowering both hnds (W XLIF comm trng RF under jnd R-hnds, cont trng RF rec R to fc LOD, sd L sliding bhnd M/sd R, sd L) end M's SKATERS/LOD jnd R-hnds at M's R-hip jnd L-hnds extended sd;

7 **{Wheel to Fc Wall}** Bk L comm wheel CW 1/4, cont wheel bk R, bk L/cl R, bk L end fc WALL (W fwd R comm wheel CW 1/4, cont wheel fwd L, fwd R/cl L, fwd R) end M's SKATERS/WALL

8 **{W Roll Out to Fc}** Bk R leading W trn RF 1-1/2, rec L, sd R/cl L, sd R joining trailing hnds (W fwd L comm trng RF 1-1/2, fwd R cont trng RF to fc COH, sd L/cl R, sd L) end OP FCG/WALL;

9-16 HND TO HND; THRU TO AIDA; SWITCH CROSS; CRAB WALKS TO RLOD; SPOT TRN; THRU TO FAN; HOCKEY STICK TO W OVERTRN TO FC WALL;;

9 **{Hnd to Hnd}** OP FCG/WALL trng LF to fc LOD bk L, rec R trng RF to fc WALL, joining lead hnds sd L/cl R, sd L end BFLY/WALL;

10 **{Thru to Aida}** Thru R extending trailing hnds btwn body twd LOD, trng RF sd L, releasing trailing hnds & cont trng RF bk R/lk LIF, bk R end AIDA Pos/RLOD;

11 **{Switch Cross}** Swiveling LF on R sd L joining trailing hnds, rec R, XLIF/sd R, XLIF end BFLY/WALL;

PART A (cont'ed)

- 12 {Crab Walks to RLOD} Sd R, XLIF, sd R/cl L, sd R;
 13 {Spot Trn} Releasing both hnds XLIF comm trng RF, rec R cont trng RF to fc ptr, sd L/cl R, sd L joining both hnds end BFLY/WALL;
 14 {Thru to Fan} Thru R extending trailing hnd thru btwn body twd LOD, cl L releasing trailing hnds, sd R/cl L, sd R (W thru L, trng LF sd R, cont trng LF to fc RLOD bk L/lk RIF, bk L) end FAN Pos/WALL (W fcg RLOD);
 15-16 {Hockey Stick W Overtrn to Fc Wall} Fwd L, rec R, bk L/slip R bk, cl L raising jnd lead hnds (W cl R, fwd L, fwd R/lk L IB, fwd R); Bk R slightly trng RF, rec L slightly trng LF to fc WALL, sd R/cl L, sd R (W fwd L under jnd lead hnds, fwd R spiraling LF to fc COH, sd L/cl R, sd R) end LOP FCG/WALL;

PART B

1-8 NEW YORKER; CHECKED NEW YORKER w/ W'S SPIN; BK SHOULDER TO SHOULDER TWICE;;
NEW YORKER; CHECKED NEW YORKER w/ W'S SPIN; BK SHOULDER TO SHOULDER;
W UNDERARM TRN UNDER TRAILNG HND M TRANS TO SHADOW;

- 1 {New Yorker} LOP FCG/WALL trng RF to fc RLOD fwd L, rec R, trng LF to fc ptr sd L/cl R, sd L end LOP FCG/WALL;
 2 {Checked New Yorker w/ W's Spin} Releasing lead hnds & grabbing W's L-forearm w/ R-hnd sd R flexing knee rotating upper body looking at W, rec L, leading W spin LF sd R/cl L, sd R joining both hnds (W trng RF to fc LOD fwd L, rec R, comm spinning LF sd L/cont spinning LF cl R, sd L) end BFLY/WALL;
 3-4 {Bk Shoulder to Shoulder Twice} Trng LF bk L, rec R, trng RF to fc WALL sd L/cl R, sd L (W trng LF fwd R, rec L, trng RF to fc COH sd R/cl L, sd R) end BFLY/WALL; Trng RF bk R, rec L, trng LF to fc WALL sd R/cl L, sd R (W trng RF fwd L, rec L, trng LF to fc COH sd L/cl R, sd L) end BFLY/WALL;
 5-7 Repeat Meas 1-3 of PART B end BFLY/WALL;;
 1234 8 {W's Underarm Trn under Trailing Hnds M Trans to Shadow} Releasing lead hnds & trng RF (W 123&4) bk R raising jnd trailing hnds to lead W trn RF, comm trng LF rec L joining L-hnds, cont trng LF to LOD sd R, bk L (W XLIF comm trng RF under jnd trailing hnds, cont trng RF rec R ro fc ptr, sd L cont trng RF/cl R, bk L) end SHADOW/LOD jnd L-hnds extended sd M's R-hnd at W's R-shoulder blade W's R-hnd extended sd; (now same footwork)

9-12 BK BREAK TO TRIPLE CHAS;; BOOGIE WALKS 2; W TRN RF M TRANS TO FC;

- 123&4 9-10 {Break Bk to Triple Cha} SHADOW/LOD R-ft free for both bk R, rec L, sd & fwd R w/ R-shoulder lead/lk LIB, sd & fwd R; Sd & fwd L w/ L-shoulder lead/lk RIB, sd & fwd L, sd & fwd R w/ R-shoulder lead/lk LIB, sd & fwd R;
 1&23&4
 -2-4 11 {Boogie Walks 2} Swiveling LF on R swing L sd & fwd w/ hip circular motion CCW, step L in pl, swiveling RF on L sd & fwd R w/ hip circular motion CW, step R in pl;
 1-3&4 12 {W Trn RF M Trans to Fc} Releasing hnds fwd L, trng RF to fc WALL tch R to L, sd R/cl L, sd R (W 123&4) joining lead hnds (W fwd L comm trng RF, rec R cont RF to fc COH, sd L/cl R, sd L) end LOP FCG/WALL; (now opposite footwork)

PART C

1-4 ALEMANA;; LARIAT W TRANS TO SHADOW;;

- 1-2 {Alemana} LOP FCG/WALL fwd L, rec R, bk L/slip R bk, cl L raising jnd lead hnds (W bk R, rec L, fwd R/lk LIB, fwd R); Bk R leading W trn RF under jnd lead hnds, rec L, sd R/cl L, sd R (W fwd L across body trng RF under jnd lead hnds, fwd R cont trng RF to fc COH, sd L/cl R, sd L) end LOP FCG/WALL W slightly to his R;
 123&4 3-4 {Lariat W Trans to Shadow} Raising jnd lead hnds over head sd L pressure step, rec R, step in (W 123&4) pl L/R, L (W fwd R comm circling CW around M, cont circling CW fwd L, fwd R/lk LIB, fwd R) end end momentary LOP/WALL; Sd R pressure step, rec L, leading W trn RF step in pl R/L releasing lead hnds, cl R assuming SHADOW (W fwd L cont circling CW around M, fwd R comm trng RF 1/2, sd L cont trng RF to fc WALL, cl R) end SHADOW/WALL jnd L-hnds extended sd M's R-hnd at W's R-shoulder blade W's R-hnd extended sd; (now same footwork)

PART C (cont'ed)

- 5-12 **SHADOW TRAVELING DOOR; MERENGUE 4; SHADOW TRAVELING DOOR; MERENGUE 4; MARCHESSI 6 & BK/LK BK;; BK BASIC; HOOK UNWIND TRANS TO FC;**
- 5 {Shadow Traveling Door} SHADOW/WALL sd L, rec R, XLIF/sd R, XLIF;
- 1234 6 {Merengue 4} Moving twd RLOD sd R pressure step & shift wgt to R, tch L to R & shift wgt to L, sd R pressure step & shift wgt to R, tch L to R & shift wgt to L;
- 7 {Shadow Traveling Door} SHADOW/WALL sd R, rec L, XRIF/sd L, XRIF;
- 1234 8 {Merengue 4} Moving twd LOD sd L pressure step & shift wgt to L, tch R to L & shift wgt to R, sd L pressure step & shift wgt to L, tch R to L & shift wgt to R;
- 1234 9-10 {Marchessi 6 & Bk/Lk Bk} Fwd L-heel, rec R, press L-toe bk, rec R; Fwd L-heel, rec R, bk L/lk
- 123&4 RIF, bk L;
- 11 {Bk Basic} Bk R, rec L, fwd R/lk LIB, fwd R end SHADOW/WALL;
- 1--4 12 {Hook Unwind Trans to Fc} Releasing both hnds XLIF, comm unwind RF one revolution on both
- (W 1---) ft, cont unwind RF, fin unwind shifting wgt to R joining lead hnds (W XLIF, comm unwind RF 1/2 on both ft, cont unwind RF, fin unwind to fc ptr shifting wgt to L) end LOP FCG/WALL;
- (now opposite footwork)

END

- 1-4 **CHASE FULL TRNS;; FWD BASIC W TRN TO WRAP; SLIDE ACROSS TO LUNGE APT;**
- 1-2 {Chase Full Trns} LOP FCG/WALL releasing jnd lead hnds repeat Meas 3-4 of INTRO;;
- 3 {Fwd Basic W Trn to Wrap} Joining both hnds fwd L, raising jnd lead hnds rec R keeping jnd trailing hnds low, step in pl L/R, L (W bk R, rec L, fwd R trng LF 1/2 under jnd lead hnds to fc WALL/cl L, step in pl R) end WRAPPED Pos/WALL;
- 123- 4 {Slide Across to Lunge Apt} Releasing both hnds sliding bhnd W sd R, cl L, joining lead hnds sd R flexing knee, - (W sliding IF of M sd L, cl R, sd L flexing knee, -) end LOP LUNGE Pos/WALL looking at ptr free trailing hnds extended sd;