Movin’ On Up

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Music: CD: ”C.F.D. Movin’ On Up” DLD 1080 Track #1

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  Released: April, 2013

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 fgc 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 fgc RLOD (W fgc 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 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 bhdn 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 trailng 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 extending trailng hnds btwn body twd LOD, trng RF sd L, releasing trailing hnds & cont trng RF bk R/lk LIB, bk R end AIDA Pos/RLOD;

11  {Switch Cross} Swiveling LF on R sd L joining trailng hnds, rec R, XLIF/sd R, XLIF end BFLY/WALL;
PART A (cont'd)

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 L/kk 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 TRAILING HNDS 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 L, 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 to ptr, sd L
cont trng RF/cl L, bk L) end SHADOW/LOD jnd L-hnds extended sd M's R-hnd at W's R-shldr
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-shldr
lead/lk LIB, sd & fwd R;  Sd & fwd L w/ L-shoulder lead/lk RIB, sd & fwd L, sd & fwd R w/
R-shldr lead/lk LIB, sd & fwd R;
18&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
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
123&4  3-4  pl L/R, L (W fwd R comm circling CW around M, cont circling CW fwd L, fwd R/lk LIB, fwd R) end
(W 1234) 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-shldr 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, XRI/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/ik RIF, bk L;
   11 {Bk Basic} Bk R, rec L, fwd R/ik 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 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;