Dance On

Music: “Dance On” Artist: RockMother
Music available on spotify
Choreographer: Colleen Archer, Charters Towers, Qld, Au
Time: 2.36 mins, 32 Counts, 4 Walls, Beg Level
Intro: 16 counts SP: Weight on L
Version: 1 Rotation: ¼ CCW BPM: 120
email: danceonlinedancing@gmail.com
Date: 5th March, 2026 *For “Everyone at Dance On”*

Vine Side, Behind, Side, Touch, Heel, Toe, Heel, Hook

1, 2	Step R to right side, Step L behind R	
3, 4	Step R to right side, Touch L toe beside R	
5, 6	Touch L heel forward to 45º left, Touch L toe beside R (turn L knee in)	
7, 8	Touch L heel forward to 45º left, Hook L across R shin	(12)

Vine Side, Behind, Side, Touch, Heel, Toe, Heel, Hook

1, 2	Step L to left side, Step R behind L	
3, 4	Step L to left side, Touch R toe beside L	
5, 6	Touch R heel forward to 45º right, Touch R toe beside L (turn R knee in)	
7, 8	Touch R heel forward to 45º right, Hook R across L shin	(12)

Zig Zag Forward Right, Touch, Left, Touch, Walk Back R L R L

1, 2	Step R forward to 45º right, Touch L beside R and clap	
3, 4	Step L forward to 45º left, Touch R beside L and clap	
5, 6	Step R back, Step L back	
7, 8	Step R back, Step L back	(12)
	(optional styling, add knee pops on counts 5-8)	

Bump Hips RLR, Bump Hips LRL, ¼ Paddle, Together & Heels, Up, Down

1 & 2	Step R to right side and bump hips R L R	
3 & 4	Bump hips L R L	
5, 6	Step R forward, Turn ¼ left taking weight onto L	
7 & 8	Step R beside L, Raise both heels up, Lower heels (weight on L)	(9)

Begin dance again …..

Finish: Complete Wall 9 now facing 9 o’clock, ¼ box step turning right, scuff and walk forward L R L stomp R.

1 – 4	Step R across L, Turn ¼ right and step L back, Step R to side, Scuff L
5 – 8	Step L forward, Step R forward, Step L forward, Stomp R beside L

Note: This dance sheet matches the dance steps called in the song.
Have fun by adding a roll to the second vine and/or a full turn to the left on the walk back. And, of course, a “Yee ha” every now and then.

Dance may be copied and distributed provided original steps remain unchanged.