



Dance On



Music: "Dance On"
Artist: nostalgictheory0078
Music available: see note below
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 45° left, Touch L toe beside R (turn L knee in)
- 7, 8 Touch L heel forward to 45° 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 45° right, Touch R toe beside L (turn R knee in)
- 7, 8 Touch R heel forward to 45° 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 45° right, Touch L beside R and clap
- 3, 4 Step L forward to 45° 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: Music available on Dance On ~ Line Dancing Facebook page.
I have written this dance to match the 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.