Is it possible to convert actor G1 to G2 that can using the 3D motion in a smooth ride?

There is no quick path, but you may follow recommended few steps and have to tuning yourself for optimum result.

Suggestion is may go to "Character Composer" mode by pressing "Confirm Multi-angle Settings" and then select "Convert G1 Hand to G2 Hand".

Once it remapped the G1 hand poses for use with a G2 motion, now you may start load the same angle of 3D motion to the mentioned actor.

At last, you need to fine tune it in the "Runtime Composer (R)" at Stage Mode for desire motion to run smoothly.

Reallusion FAQ
https://kb.reallusion.com/Product/50094/Is-it-possible-to-convert-actor-G1-to-G2-that-can-using-the-3D-m