

THE WAY YOU MOVE

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Count: 32

Wall: 4

Level: beginner/intermediate hip hop

Choreographer: Michael Lorah

Music: The Way You Move by Outkast

BUTTERFLY TOUCHES, JUMP $\frac{1}{4}$ TURN, MOVE TO THE LEFT

- &1** Butterfly heels out while stepping right forward, then in when you step down
- &2** Butterfly heels out, then in when touching left foot forward
- &3** Butterfly heels out while stepping left back, in when weight is on the left
- &4** Butterfly heels out while stepping right foot back, in when right is next to left
- &** Jump forward onto right foot and a $\frac{1}{4}$ turn to the left
- 5** Step left foot next to right foot
- 6** Starting the move to the left step left with left foot with toes out
- 7** Moving to the left shift feet so that toes are in
- &** Moving left shift feet so that toes are out
- 8** Moving left shift feet to straight

HEELS AND SIDE TOES, KNEE ROLL, $\frac{1}{4}$ TURN

- 9&** Touch right heel forward, then bring it back home
- 10&** Touch left foot forward, then bring it back home
- 11&** Touch right foot to right side, then bring it back home
- 12&** Touch left foot to side while snapping left hand out, then bring it back home
- 13** Touch right foot to side while snapping right hand out
- 14** Roll right knee out while rolling right arm at the elbow up and snapping
- 15** Rock on right while rolling right arm at elbow down
- 16** Step weight back onto left while making a $\frac{1}{4}$ turn left, when the right arm moves down "push" yourself forward

JAZZ BOX, JUMP FORWARD AND BACK

- 17-21** Cross right over left, left back, right back, left step forward
- &22-23** Hop forward right left, then clap

&24-25 Hop back right left, then clap

JAZZ BOX ¼ TURN RIGHT 4 STEPS FORWARD

26-28 Cross right over left, big step back ¼ turn with left, step forward right then left

29-30 Step right forward and to the side while rolling knee out twice

31-32 Step left forward and to the side while rolling knee out twice

REPEAT

Wall 1 alternate: when done to the suggested music there is a chance for a variation instead of a hop forward on wall 1

5 Step forward on right bring right hand straight out

& Step forward on left bring left hand straight out

6 Bend at knees

7-8 Slowly bring knees up straight