

# MOVE YA FEET!

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**Count:** —                      **Wall:** 2                      **Level:** intermediate/advanced

**Choreographer:** Joanne Spencer

**Music:** Move Your Feet by Junior Senior

**Sequence:** A, A&, BBA, A&, BBA, A&, B, B(counts 1-16 only), AA

## PART A

### WALKS FORWARD, ROCKING CHAIR, LEFT SHUFFLE BACK, HEEL SWIVELS

- 1-2            Step forward right, step forward left
- 3&4&        Rock forward on right, rock back onto left, rock back on right, rock forward onto left
- 5&6         Step back right, close left beside right, step back right
- &7&8&      Swivel heels out, step left back swiveling heels in, swivel heels out, step right forward swiveling heels in swivel heels out (making sure weight is on right)

### LEFT SIDE STEPS, LEFT CHASSE, CROSS UNWIND, RIGHT CHASSE

- 1-2            Step left to left, close right beside left
- 3&4         Step left to left, close right beside left, step left to left
- 5-6         Cross right over left, unwind full turn left
- 7&8         Step right to right, close left beside right, step right to right

### TOUCH, STEP, ROCK BEHIND, STEP TURN ¼ RIGHT, EXTENDED LEFT SHUFFLE(WITH ARM MOVEMENTS)

- 1-2            Touch left toe forward, step left back
- 3&4         Rock right behind left, rock forward onto left, step right to right turning ¼ right
- 5&6&        Step left forward, close right beside left, step left forward, close right beside left
- 7&8         Step left forward, close right beside left, step left forward

### Optional arms

- 5&            Raise hands as if pushing a box in the air
- 6&            Drop hands, push downwards
- 7&            Raise hands as if pushing a box in the air
- 8             Drop hands

**HITCH, TOUCH BACK, HITCH TURNING  $\frac{1}{2}$  RIGHT, RIGHT STEP,  $\frac{1}{2}$  TURN LEFT, SHUFFLE,  $\frac{1}{4}$  TURN RIGHT, RIGHT STEP, LEFT STEP**

- 1-2 Hitch right knee, touch right toe back
- 3-4 Hitch right knee turning  $\frac{1}{2}$  right, step right forward
- 5&6 Turn  $\frac{1}{2}$  left stepping left forward, close right beside left, step left forward
- 7-8 Turn  $\frac{1}{4}$  right stepping right forward, step left forward

**PART A&**

- 1-4 Do your own thing for 4 counts!

**PART B**

**MAMBO CROSS ROCKS,  $\frac{1}{4}$  TURN RIGHT, PIVOT  $\frac{3}{4}$  RIGHT, SLIDE RIGHT**

- 1& Cross rock right over left, rock back onto left
- 2& Rock right to right, rock onto left in place
- 3& Cross rock right over left, rock back onto left
- 4 Step right turn  $\frac{1}{4}$  right
- 5-6 Step forward left, pivot  $\frac{3}{4}$  right (weight ends on left)
- 7-8 Step right to right, slide left to right

**MAMBO CROSS ROCKS,  $\frac{1}{4}$  TURN LEFT, PIVOT  $\frac{3}{4}$  LEFT, SLIDE LEFT**

- 1& Cross rock left over right, rock back onto right
- 2& Rock left to left, rock onto right in place
- 3& Cross rock left over right, rock back onto right
- 4 Step left turn  $\frac{1}{4}$  left
- 5-6 Step forward right, pivot  $\frac{3}{4}$  left (weight ends on right)
- 7-8 Step left foot to left, slide right foot to left foot

**DIAGONAL STEPS FORWARD, DIAGONAL STEPS BACK, RIGHT FORWARD, HIP BUMPS, LEFT FORWARD, HIP BUMPS**

- 1-2 Step right to right forward diagonal (pushing hands up to right), step left to left forward diagonal (pushing hands up to left)
- 3-4 Step right back to right diagonal (pushing hands down to right), step left back to left diagonal (pushing hands down to left)

- 5&6** Step right foot forward bumping hips right, bump hips left, bump hips right (weight on right)
- 7&8** Step left foot forward bumping hips forward, bump hips back, bump hips left (weight on left)

**FORWARD ROCK, SHUFFLE ½ TURN RIGHT, PADDLE TURNS, CROSS ROCK**

- 1-2** Rock forward onto right, rock back onto left
- 3&4** Turn ½ right stepping right forward, close left beside right, step right forward
- 5-6** Touch left forward turning ¼ right, touch left forward turning ¼ right
- 7&8** Rock left over right, rock back onto right, step left to left (weight on left)