

## Move Your Feet

32 count, 2 wall, beginner/intermediate level

Choreographer: Masters in Line

Choreographed to: Move Your Feet by Junior Senior

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Dance starts on lyrics right at the beginning of track.

### **CROSS-ROCK SIDE, CROSS-ROCK TURN, ½ TURN, ½ TURN, JUMP FORWARD & BACK**

- 1&2 Cross-rock Right over Left, recover weight onto Left, step to Right on Right  
3&4 Cross-rock Left over Right, recover weight onto Right, turn ¼ Left stepping forward onto Left  
5,6 Turn ½ Left stepping back on Right, turn ½ Left stepping forward on Left  
&7 Small jump forward (Right then Left)  
&8 Small jump back (Right then Left)

### **¼ TURN SHUFFLE, ½ TURN SHUFFLE, JAZZBOX with ½ TURN**

- 1&2 Turn ¼ Right and shuffle forward Right-Left-Right  
3&4 Turn ½ Left, and shuffle forward Left-Right-Left  
5-6 Cross-step Right over Left, step back on Left (preparing to turn)  
7-8 Turn ½ Right stepping forward onto Right, step forward on Left

*As you do the shuffles, put the index & middle fingers of each hand together and move your hands up & down to the count of 1&2 , 3&4 (just like in the Lynx Pulse advert!)*

### **ROCK, RECOVER, TRIPLE TURN 1½ BACK; ROCK, RECOVER, LEFT COASTER**

- 1-2 Rock forward on Right, recover weight onto Left  
3&4 Triple 1½ turns back over Right shoulder stepping Right-Left-Right  
*(easier option is just to do ½ turning shuffle instead of 1½)*  
5-6 Rock forward on Left, recover weight onto Right  
7&8 Step back on Left, step on Right beside Left , step forward on Left

### **KICK, CROSS, UNWIND (BOUNCE); STEP SLIDE TOUCH (x2) with shoulders**

- 1-2 Kick Right foot diagonally-forward Right, cross-touch Right foot over Left  
3&4 Unwind full turn anti-clockwise over Left shoulder as you bounce shoulders 3 times  
5 Step diagonally-forward Right on Right foot *(Left shoulder up, Right shoulder down)*  
& Slide Left foot towards Right *(Left shoulder down, Right shoulder up)*  
6 Touch Left foot beside Right *(Left shoulder up, Right shoulder down)*  
7 Step diagonally-forward Left on Left foot *(Left shoulder down, Right shoulder up)*  
& Slide Right foot towards Left *(Left shoulder up, Right shoulder down)*  
8 Touch Right foot beside Left *(Left shoulder down, Right shoulder up)*

### **START AGAIN AND ENJOY**