

# Move Your Feet

拍数: 32      墙数: 2      级数:  
编舞者: Masters In Line (UK)  
音乐: Move Your Feet - Junior Senior



## 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, JAZZ BOX 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

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

- 1-2      Rock forward on right, recover weight onto left  
3&4      Triple 1 ½ turns back over right shoulder stepping right-left-right

Easier option is just to do ½ turning shuffle instead of 1 ½

- 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 (TWICE) WITH SHOULDERS

- 1-2      Kick right foot diagonally-forward right, cross-touch right foot over left  
3&4      Bounce heels 3 times making a full turn to the left over left shoulder  
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)

REPEAT