

# Move Your Feet

拍數: 48      牆數: 4      級數: Intermediate contra dance  
編舞者: Leanne Jayne Priestley (UK)  
音樂: Move Your Feet - Junior Senior



## SIDE, TOGETHER, CHASSE

1-2      Left step to side, right step beside left  
3&4      Left step to side, right step beside left, left step to side

## ROCK, HOLD, CHASSE AND TURN

5-6      Right rock back, hold (clap)  
&7&8      Replace weight to left, right step to side, left step beside right, right step ¼ right

## ROCK, BACK SHUFFLE

9-10      Left step forward, replace weight to right foot (rock back)  
11&12      Left step back, right step beside left, left step back

## TURNING SHUFFLE

13&14      Right step ¼ to right, left step beside right, right step ¼ to right

## LEFT TOUCH TWICE, SHUFFLE, RIGHT TOUCH TWICE, SHUFFLE

15-16      Touch left out to side, touch left beside right  
17&18      Left step forward, right step beside left, left step forward  
19-20      Touch right out to side, touch right beside left  
21&22      Right step forward, left step beside right, right step forward

## SIDE, HOLD, PIVOT ½ TURN, CHASSE

23-24      Step left to side (leaning to left), hold  
&25&26      Pivoting on ball of left foot turn ½ right, right step to side, left step beside right, right step to side

## CROSS ROCK

27&28      Cross left over right, replace weight to right, step left beside right

## HITCH TURN TWICE

29&30&      Hitch right, pivoting ½ turn to left on ball of left foot, touch right to side, hitch right, pivoting ½ turn to left on ball of left foot, touch right to side

**Alternative: cross right over left, unwind 1 full turn to left**

## FORWARD, HOLD, TOGETHER, HOLD, SIDE, STOMP TWICE

31-34      Touch right forward, hold, touch right beside left, hold  
35-36      Touch right to side, stomp right beside left  
37-40      Touch left forward, hold, touch left beside right, hold  
41-42      Touch left to side, stomp left beside right

## SAILOR STEPS

43&44      Step right behind left, step left to side, step right to side  
45&46      Step left behind right, step right to side, hitch left  
47-48      Touch left forward, touch left beside right

## REPEAT

