### Move Ya Feet!



Count: 0 Wall: 2 Level: Intermediate/Advanced

Choreographer: Joanne Spencer

Music: Move Your Feet - 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

Rock right behind left, rock forward onto left, step right to right turning ¼ right 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 ½ RIGHT, RIGHT STEP, ½ TURN LEFT, SHUFFLE, ¼ TURN RIGHT, RIGHT STEP, LEFT STEP

1-2 Hitch right knee, touch right toe back

3-4 Hitch right knee turning ½ right, step right forward

5&6 Turn ½ left stepping left forward, close right beside left, step left forward

7-8 Turn ¼ right stepping right forward, step left forward

#### PART A&

1-4 Do your own thing for 4 counts!

#### **PART B**

#### MAMBO CROSS ROCKS, 1/4 TURN RIGHT, PIVOT 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 ¼ right

5-6 Step forward left, pivot ¾ right (weight ends on left)

7-8 Step right to right, slide left to right

### MAMBO CROSS ROCKS, ¼ TURN LEFT, PIVOT ¾ LEFT, SLIDE LEFT

Step left foot to left, slide right foot to left foot

	, ,,
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 1/4 left
5-6	Step forward right, pivot ¾ left (weight ends on right)

7-8

# 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 1/2 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)