Move Your Feet

Compte: 32	**Mur:** 2	**Niveau:**	

Chorégraphe: Masters In Line (UK)

Musique: 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