

# Move Ya Feet!

**COPPER KNOB**  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Intermediate/Advanced  
編舞者: Joanne Spencer  
音樂: 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  
3&4                      Rock right behind left, rock forward onto left, step right to right turning ¼ right  
5&6&                      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, ¼ TURN RIGHT, PIVOT ¾ 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**

- 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 ¼ left
- 5-6 Step forward right, pivot ¾ left (weight ends on right)
- 7-8 Step left foot to left, slide right foot to left foot

### **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 ½ 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)
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