“MOVE YOUR FEET”

ALBUM: “D-D-Don’t Don’t Stop The Beat” by Junior Senior, [Enhanced/Edited], Atlantic Records, 83671-2
INTERMEDIATE + (High Energy!)

CHOREO: Kelli McChesney

INTRO: Wait (4) Beats after “GO!” / Start with LEFT foot

TIME: 3:01


CHORUS: (36 BEATS)

(1) "MJ" (move right) --- DS DS(IB) R-HEEL* S(IB) RS RS DS RS
* - (takes weight) L R L R L RL RL R LR
(1) "DOUBLE HOP" --- DS DBL-BNC(turn ¼ left) HOP-HOP S
(turn ¾ right on HOP-HOP) L R BOTH L L R
(1) "RS DOUBLE BASIC" --- RS DS DS RS
LR L R LR
(1) REPEAT “MJ” AND “DOUBLE HOP” TO FACE FRONT
(4) “HEEL TURNS” --- R-HEEL(dig) PIVOT(¼ left) FLAP
L R {L-BA, R-Heel} R
& 1 & 2

PART A: (32 BEATS)

(1) “HEEL PULL” --- HEEL(fwd) PULL-S(TOG) R HEEL(fwd) PULL-S(TOG)
(turn ¼ left) L R R R L R L L
(1) “SHAKE IT” --- BA(R) BA(R) SHK-SHK BA(R) TCH(TOG) SHK-SHK
(move right) R L {-- HIPS --} R L {-- HIPS --}
(3) REPEAT ABOVE (8) BEATS TO FACE ALL FOUR WALLS

PART B: (32 BEATS)

(1) "MOUNTAIN GOAT" --- DS R(O)-S R(IF) BA-SL S/HEEL(dig)
L R L R L L R L
&1 & 2 & 3 & 4
(1) "SCISSORS" --- HOP(apart) HOP(R IF L) HOP(apart) HOP(L IF R)
BOTH BOTH BOTH BOTH
HOP(apart) HOP(TOG) LIFT
BOTH BOTH L
(1) "CRAZY LEGS" --- DS(IB) DS(IB) DS(IB) DS(IB)
L R L R
(1) "OVER THE LOG SHUFFLE" --- BA(fwd) BA(fwd) BA(back) BA(back) DR-SL DR-SL
L R L R {---- BOTH ----}
(3) "HOP SKUFFS" --- HOP* SK(UP-turn ¼ left) TCH(IF)(UP) DS RS
* - (takes weight) L R R R LR
& a1 &2 &3 &4
(4) “STOMPS” --- STO STO STO STO STO
L R L R (turn ¾ right)

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"MOVE YOUR FEET" (CONT'D)

PART ½B: (16 BEATS)
(1) REPEAT "HOP SKUFFS" AND "STOMPS"

CHORUS*: (32 BEATS)
(1) "MJ" --- (move right)
(1) "DOUBLE HOP" --- (turn ¼ left, then ¾ right)
(1) "RS DOUBLE BASIC"
(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

ENDING: (28 BEATS)
(1) "MJ" --- (move right)
(1) "DOUBLE HOP" --- (turn ¼ left, then ¾ right)
(6) "HEEL TURNS" --- (turn ¼ left on each)
(2) "SLOW STOMPS" --- STO STO
    L R
    1-2 3
(1) "YEAH!" --- Hands up! (one beat)

ABBREVIATIONS:
BA – ball
BNC – bounce
DBL – double
DR – drag
DS – double step
R – rock
S – step
SHK – shake
SK – skuff
SL – slide
STO – stomp
TCH – touch
FWD – forward
IF – in front
IB – in back
O – out to side
TOG – together

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Available for workshops!