

## “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

**Pop Music**

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

**TIME: 3:01**

**SEQUENCE:** Wait 4, Chorus, A, B, Chorus, A, B, Chorus, A, ½B, Chorus\*, Ending.

### CHORUS: (36 BEATS)

- (1) **“MJ”** (move right) --- DS DS(IB) R-HEEL\* S(IB) RS RS DS RS  
\* - (takes weight) L R LR 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 LR 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 (turn ¾ right)  
L R L R

## **“MOVE YOUR FEET” (CONT’D)**

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**PART 1/2B: (16 BEATS)**

(1) **REPEAT “HOP SKUFFS” AND “STOMPS”**

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**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**

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**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)

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**ABBREVIATIONS:**

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

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Kelli McChesney  
danceaddict@windstream.net  
<http://www.afn.org/~kelli/>

**Available for workshops!**