

# **MOVE'T & GROOVE'T**

**MUSIC: "MOVE IT ON UP BY" M PEOPLE**

**2 WALL, 32 COUNTS IMPROVER LINE DANCE**

**CHOREOGRAPHER: KARIN VAN DER MERWE (BOOTS COOTERS S.A.)**

## **SECTION 1: 1-8 TOUCHES OUT AND IN AND FORWARD STEPS WITH DRAGS**

1,2 TOUCH RF OUT TO RIGHT SIDE AND TOUCH RF IN NEXT TO LF

3,4 STEP BIG STEP FORWARD ON RF AND DRAG LF TO TOUCH NEXT TO RF

5,6, TOUCH LF OUT TO LEFT SIDE AND TOUCH LF NEXT TO RF

7,8 STEP BIG STEP FORWARD ON LF AND DRAG RF TO TOUCH NEXT TO LF

## **SECTION 2: 9-16 BACK TOUCHES AND ½ TURN TO LEFT**

1,2 STEP BACK ON RF, TOUCH LF NEXT TO RF

3,4 STEP BACK ON LF, TOUCH RF NEXT TO LF

5,6 STEP BACK ON RF, TOUCH LF NEXT TO RF

7,8 TURN ½ TURN TO LEFT ON LF AND STEP RF TO RIGHT SIDE

(OPTIONAL: CLAP ON BACK TOUCHES)

## **SECTION 3: 17-24 DIAGONAL SHOOPS TO LEFT AND RIGHT**

1,2,3,4 STEP FORWARD ON LF TO LEFT DIAGONAL, STEP RF TO LF DOING A SHOOP AND REPEAT TOUCHING RF

5,6,7,8 STEP FORWARD ON RF TO RIGHT DIAGONAL, STEP LF TO RF DOING A SHOOP AND REPEAT TOUCHING LF

## **SECTION 4: 25-32 KICK BALL CHANGE WITH SKATES AND BACKWARD BOOGIE WALK WITH TOUCH**

1& KICK FORWARD ON LF STARTING A KICK BALL CHANGE AND REPLACE LF NEXT TO RF

2,3,4 FINISH YOUR KICKBALL CHANGE WITH A SKATE TO THE DIAGONAL ON RF, SKATE LF TO DIAGONAL, SKATE RF TO DIAGONAL

5,6,7,8 DO A BOOGIE WALK BACK STEPPING LF BACK, RF BACK, LF BACK AND TOUCH RF NEXT TO LF

(CLICK FINGERS AS YOU WALK BACK IN A FUNKY STYLE)

**START AGAIN FACING THE BACK WALL!**

**ENJOY!**

DANCED TO THIS TRACK, THIS DANCE HAS A FUNKY/DISCO FEEL BUT CAN BE DANCED IN THE TRADITIONAL COUNTRY STYLE TO VARIOUS COUNTRY MUSIC TRACKS...PLAY AROUND WITH IT AND HAVE FUN!