

Just Move Your Feet - choreography

Curtain up on group standing around, chatting, stretching. Move to positions on dialogue.

Just move your feet section

2 x Kick the ball R,L (12,34) Open cross jumps (567) Clap (8)
2 x Kick the ball L,R (12,34) Open cross jumps (567) Clap (8)
2 x Boxer (1&2, 3&4) 2 x Rebounds R, L (56,78)
2 x 4 Corners (1234,5678)

Cards 4, 9, 21, 3

'Cos when you're down and friendless... (& Don't take too long...)

2 x Step-together-step-digs, with Rainbow arms (1234,5678)
2 x Round the bowl (1243,5678)
4 x Puppet knees 2 L, 2R (12,34,56,78)
4 x Skater (12,34,56,78)

Cards 15, 14, 2, 29

Travel into new positions on next steps, perhaps crossing through so that the pupils at the back move forwards and those at the front move back.

Can't stop moving when you feel that beat...

Travel using 8 x Step digs with claps (12,34,56,78) (12,34,56,78)
2 x Thrust & Lean R, L (12,34) 2 x Rebound R,L (56,78)
2 x Thrust & Lean L, R (12,34) 2 x Rebound L,R (56,78)

Cards 10, 11, 6

'Cos it'll pick you up...

Knee bounces starting R (12,34,56) 2 x Shoulder shrugs standing tall (78)
Knee bounces starting L (12,34,56) 2 x Shoulder shrugs standing tall (78)
2 x Reach, grab & pull slow R,L (1234,5678)
2 x Sideways body ripples R,L (1234,5678)

Cards 24, 8, 19, 30

Repeat entire routine from the top. This time moving the group into a semi-circle facing downstage on step digs.

FINAL 'Just move your feet' section

2 x Kick the ball R,L (12,34) Open cross jumps (567) Clap (8)
2 x Kick the ball L,R (12,34) Open cross jumps (567) Clap (8)
2 x Boxer (1&2, 3&4) 2 x Rebounds R, L (56,78)
1 x 4 Corners (1234) Run to centre stage and pose in a group to finish (5678)

Cards 4, 9, 21, 3