

“Move Your Feet, D.A.N.C.E., It’s Sunshine Day” – Top Hats & Tiaras Level 1
**Artist/Album: Trolls Soundtrack – “Move Your Feet, D.A.N.C.E., It’s Sunshine Day”
(Cut Version)**

Begin Standing inside of the hula hoop (make sure there is space on either side to step out and in)

INTRO:

- 4ct - Hold

PART A:

8ct:

- 4cts: Step out of hula hoop with right (to the side) – 1,2, Touch left foot to right (outside hula hoop) 3,4
- 4cts: Step back into hula hoop with left – 5,6, Touch right foot to left (inside hula hoop) 7,8

8ct: Repeat above eight counts to the left

16cts: Repeat all above 16cts in part “A” again

PART B:

16ct: 4 Point Steps (R, L, R, L)

32ct: 4x: Kick (1) ball (2) change (3), hold (4) 2 Bounces (5,6,7,8)

REPEAT PART A

REPEAT PART B

END:

5ct – High V with right arm (1), High V with left arm (2), Right arm to hip (3), Left arm to hip (4), Pose (5)