

Move Your Feet - Kick Lifts

Wait: 32 ct (Hands on Hips)

PART	COUNTS	FOOT	STEP	SPECIAL INSTRUCTIONS
A	48 cts	R	6 Total: 45 Degree Kick (4ct) + Step/Wait (4ct)	Alternate Feet
	48 cts	R	6 Total: 45 Degree Kick (2ct) + Lift (2ct) + Step/Wait (4ct)	Alternate Feet
	32 cts	R	4 Total: Kick/Drag (2ct) + Lift/Chug (2ct) + Step/Wait (4ct)	Alternate Feet
	32 cts	R	8 Total: Kick/Lift w/Drag-Slide (2ct) + Step/Wait (2ct)	Alternate Feet
B	12 cts	N/A	3 Total: Hit Knees + Clap + Hit Knees 2x + Clap	
	4cts	N/A	Hands go to Hips	
C	24 cts	L	4 Total: Dbl Step Kick Lift (3ct) + Step/Hold (5ct)	Alternate Feet
	24 cts	L	6 Total: Dbl Step Kick Lift (3ct)	Alternate Feet - No Pause
SEQUENCE: A - B - C				

SONG: Move Your Feet/D.A.N.C.E./It's a Sunshine Day

ARTIST: Anna Kendrick, Gwen Stefani, James Corden, Ron Funches, Walt Dohrn, Caroline Hjelt, Aino Jawow & Kunal Nayyar

ALBUM: Trolls (Original Motion Picture Soundtrack)

