



Position & Direction

Move It! Move it! Move it!

Man it's good to move it

Groove it! Groove it! Groove it!

Groove it like me

(x2)

Take one side step to the left

Take one side step to the right

Do a whole turn

You're doing alright

Turn a quarter to the left

Turn a quarter to the right

Do a little wiggle

You're doing it right

(x2)



Move It! Move it! Move it!

Man it's good to move it

Groove it! Groove it! Groove it!

Groove it like me

(x2)

Turn to the right and move clockwise with me

You've gotta turn to the right and move clockwise with me

This is clockwise yeah we're moving with the time

Moving like a clock yeah we're doing it fine

Turn to the left; that's anti-clockwise alright?

Turn to the left; that's anti-clockwise that's right!

Anti-clockwise is not the same way as a clock

Moving backwards in time it's not the same as tick tock!

Alright now stop

Quarter time!



Turn a quarter to the left

Turn two quarters to the right

Turn a quarter to the left again

Stamp your feet left, right!

Turn a quarter to the right

Turn three quarters to the left

Turn two quarters to the left again

Stamp your feet left, right!

Do a half turn! (x2)

A half is the same as two quarters ok?

You've got to keep up with me yeah.... hear what I say!

Turn a quarter to the right

Turn three quarters to the left

Do a half turn

Stamp your feet left, right!

Turn a quarter to the left

Turn three quarters to the right



Do a little wiggle

Nod your head you're alright!

Move It! Move it! Move it!

Man it's good to move it

Groove it! Groove it! Groove it!

Groove it like me

(x4)

Alright now stop

