Move Out the Way

Count: 64 **Wall:** 1 **Level:** Advanced

Choreographer: Fred Whitehouse (IRE) - December 2025

Music: Move Out The Way - Outskrts

Intro: 16 Counts, Start at approx 12 secs

SEC 1 Step, ¼ Pivot, ¼ Pivot, Arms, Full Run Around Sweep, Step Sweep, Step, Raise, Lower

1	Step right forward
Arms Raise both arms forward	
2	Pivot ¼ left transferring weight onto left
Arms Cross both arms low across stomach (9:00)	
3	Pivot ¼ right transferring weight onto right
Arms Bring hands up to face and pull arms apart palms facing forward (12:00)	
4&	Turn ½ left step left forward, turn ¼ left step right forward
5	Turn ¼ left step left forward sweeping right from back to front (12:00)
6	Step right forward sweeping left from back to front
7	Step left forward
Arms 7 Raise right hand to head height elbow bent at 90 degrees	
&	Raise left hand to head height elbow bent at 90 degrees
8&	Raise up onto both toes, drop heels transferring weight onto right
Arms Push both hands to the ceiling, pull arms down	

SEC 2 Back, Back, Back Sweep, Weave, ¼ Step, Step, ½ Pivot, Full Turn x2

1&2	Step left back, step right back, step left back sweeping right from front to back
3&4&	Step right behind left, step left to left, cross right over left, turn ¼ left step left forward
5-6	Step right forward, pivot ½ left transferring weight onto left (3:00)
7&	Turn ½ left step right back, turn ½ left step left forward
8&	Turn ½ left step right back, turn ½ left step left forward (3:00)

Bridge Here on Wall 3, Dance the following then continue from Sec 5
⅞ Walk Around, Arms, Press

1-2	Turn ¼ left step right forward, turn ¼ left step left forward
3	Turn ¼ left step right forward
&	Turn ⅛ left step left forward taking right arm to right side
4&	Take left arm to left side, press forward on to left popping chest forward

SEC 3 Step, Lock, Step, Step, Lock Sweep, ¼ Coaster Step, Step, Side Knee Twist, ⅛

1&2	Step right forward, lock left behind right, step right forward
&3	Step left forward, lock right behind left sweeping left from front to back
4&5	Turn ¼ left step left back, step right beside left, step left forward (12:00)
6&	Step right forward, step left to left twist right knee in
7&	Twist right knee out, turn ⅛ left twist right knee in (10:30)
8&	Cover face with right hand, cover face with left hand

SEC 4 Syncopated Rocking Chair, ¼ Botofogo, Cross, ⅛ Side, Touch Behind, ⅝ Unwind, Arms, Press

1&	Rock right forward, recover weight on to left
2&	Rock right back, recover weight on to left
3&4	Cross right over left, turn ⅛ right step left to left, turn ⅛ right step right beside left (1:30)
5&6	Cross left over right, turn ⅛ left step right to right, touch left behind right (12:00)
7	Unwind ⅝ left transferring weight onto left (4:30)
&8&	Take right arm to right side, take left arm to left side, press forward on to left popping chest forward

SEC 5 Back Rock, ⅛ Coaster Step, Run, Run, ⅜ Pivot, ¾ Spiral, ⅛ Run x3

1-2	Rock right back, recover weight on to left

Arms Pull arms in, push hands down body

3&4	Turn ⅛ right step right back, step left beside right, step right forward (6:00)
&5-6	Step left forward, step right forward, pivot ⅜ left transferring weight onto left (1:30)

Arms Push right arm forward

7	Spiral ¾ right hooking right over left (10:30)
8&1	Turn ⅛ right step right forward, step left forward, step right forward (12:00)

SEC 6 Jump, Back Lock Back, ¼ Side Rock Lift, Vine, Cross

2	Jump both feet together
3&4	Step right back, lock left over right, step right back
5-6	Turn ¼ left rock left to left, recover weight on to right lifting left to left (9:00)

Arms 5&6 Swing right arm across body, swing right arm low to right side, raise right arm to right diagonal

7&8&	Step left to left, step right behind left, step left to left, cross right over left

SEC 7 Knee Pulses, Together, Knee Pulses, Together, ¼ Mambo Step, Cross, ⅛ Step, Arms, Press

1&2	Step left to left pulsing both knees forward, pulse both knees forward, step left beside right
3&4	Step right to right pulsing both knees forward, pulse both knees forward, step right beside left
5&6	Rock left forward, recover weight on to right, turn ¼ left step left to left (6:00)
&7	Cross right over left, turn ⅛ left step left forward (4:30)
&8&	Take right arm to right side, take left arm to left side, press forward on to left popping chest forward

SEC 8 Back Rock, ⅛ Coaster Step, Step, Step, ⅜ Pivot, Arms, ¾ Spiral, ⅛ Run, Run

1-2	Rock right back, recover weight on to left

Arms Pull arms in, push arms down body

3&4	Turn ⅛ right step right back, step left beside right, step right forward (6:00)
&5-6	Step left forward, step right forward, pivot ⅜ left transferring weight onto left (1:30)

Arms Push right arm forward

7	Spiral ¾ right hooking right over left (10:30)
8&	Turn ⅛ right step right forward, step left forward (12:00)