

Learn to Moonwalk

The moonwalk is a dance move where a person travels backwards while looking like they are going forwards.

Versions of the moonwalk were done as far back as the 1930s. It became known as the moonwalk at a later time. The dance grew in popularity during the 1970s and 1980s.

In 1983, Michael Jackson performed the moonwalk on a TV show celebrating the music of Motown. After this, the dance became even more popular.

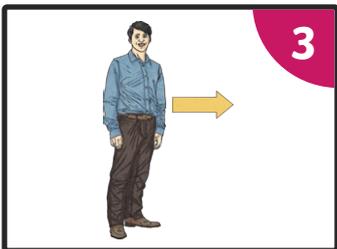
Here's a step-by-step guide on how to do the moonwalk:



1. When learning the moonwalk, it's a good idea to do it wearing socks but not shoes and do it on a slippery floor, like a wooden one, rather than a carpet.



2. As you do the steps, try to keep your upper body as still as possible.



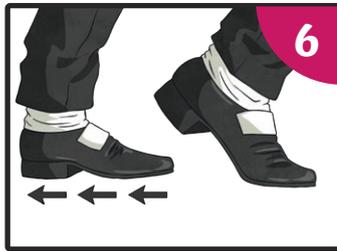
3. Lean slightly forward.



4. Place your feet side by side.



5. Lift the heel of one foot up, as if you are going up on your tiptoes.



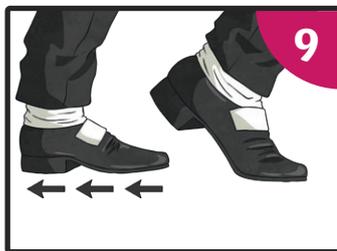
6. Push the flat foot backwards, pressing down on the floor as hard as you can.



7. As quick as you can, push the raised heel down and lift your other heel up. Try to do this as the same time.



8. Repeat the steps with the other foot.



9. Practise this slowly at first and as you get more confident try to increase your speed.



10. When you are confident with the footwork, add in the arms. Swing them as though you are walking forward.



11. Once you have mastered the dance, pick a good tune with a strong beat and perform the dance to it.