

# Movement Verbs List

Posted by Askelad April 16, 2019



Humans are always moving. Here is a list of 150+ verbs to help you describe those movements with clarity. I've added brief definitions for each (note, some of these verbs can be used in other contexts—here we only focus on how they relate to movement).

**Advance**—move forward.

**Aim (for)**—go in the direction of.

**Amble**—walk casually.

**Angle (towards etc)**—turn one's steps towards.

**Back (out, away etc)**—move in reverse.

**Barrel**—move in a forceful, uncontrolled way.

**Beetle**—hurry like an insect.

**Belt**—move swiftly.

**Bez [informal, dialect]**—zip around.

**Bluster**—move forcefully yet ungraciously.

**Bolt**—move swiftly.

**Bounce**—move with elastic motions.

**Bound**—move quickly with large steps.

**Bumble**—proceed in a clumsy fashion.

**Canter**—move fairly, like a horse.

**Careen**—speed forward uncontrollably

**Career**—speed forward with little control.

**Charge**—move aggressively towards something.

**Crawl**—[literal] go on all fours / [figurative] proceed slowly.  
**Creep**—move sneakily or slowly.  
**Dance**—move rhythmically.  
**Dart**—go swiftly.  
**Dash**—run quickly.  
**Dawdle**—proceed slowly and reluctantly.  
**Dive**—descend quickly.  
**Dodder**—move unsteadily, as if elderly.  
**Dogtrot**—move at a brisk, comfortable pace, like a dog.  
**Emerge (from)**—come out of.  
**Escape**—move out of danger / confinement.  
**File (in)**—[of multiple people] go one-by-one.  
**Flee**—run away from.  
**Flounce**—move in a flamboyant way.  
**Flop**—move loosely.  
**Fly**—[literal] move through the air / [figurative] proceed swiftly.  
**Footslog**—march a long distance.  
**Forge (on, ahead)**—proceed strongly and steadily.  
**Gallop**—move quickly, like a horse.  
**Gambol**—proceed in a playful, energetic manner.  
**Glide**—move frictionlessly.  
**Go**—basic movement verb / depart.  
**Hare**—proceed extremely quickly, like the animal.  
**Hasten**—move with haste.  
**Head (towards, for, to etc)**—proceed in the direction of.  
**Hie** [archaic]—go quickly.  
**Hightail** [informal]—move quickly.  
**Hike**—go a long distance.  
**Hop**—[literal] proceed on one foot / [figurative] make a short journey  
**Hurtle**—move quickly, violently and recklessly.  
**Issue (from)**—come out of.  
**Jog**—move at a medium pace / half-run.  
**Jump**—propel oneself through the air.  
**Jaunt**—go on a short trip.  
**Journey**—travel a distance.  
**Labour**—move with difficulty, requiring force.  
**Leap**—jump far.  
**Leg (it)**—run (away).  
**Limp**—proceed unevenly / with an injured leg.  
**Lollop**—proceed in ungainly bounds.  
**Lope**—move in large strides.  
**Lunge**—jump forward to attack.  
**March**—move steadily / forcefully / with purpose.  
**Meander**—proceed in an indirect way.  
**Mooch** [informal]—go around in a skulking manner.  
**Mosey**—walk in a leisurely manner.  
**Move**—basic verb of movement.  
**Nip (into, across, over etc)**—quickly go.

**Pace**—walk steadily.

**Pad**—walk casually / softly / steadily like an animal.

**Parade**—proceed in an extrovert manner.

**Patrol**—walk around in order to guard.

**Patter**—go with a light tripping sound.

**Pass**—move beyond.

**Pelt**—move quickly, like a hurled stone.

**Perambulate** [formal, rare]—walk.

**Plod**—move with heavy, laborious motions.

**Pootle** [informal]—proceed casually.

**Pop (in, to, over etc)**—quickly visit / pass etc.

**Potter**—move in an unhurried way.

**Pound**—proceed with fast, heavy steps.

**Prance**—move flamboyantly, with effected grace.

**Progress**—advance.

**Proceed**—go forward.

**Promenade**—take a leisurely walk.

**Prowl**—move in a shifty or predatory manner.

**Race**—move quickly, in competition.

**Ramble**—walk far and wide.

**Regress**—go back.

**Return**—go back.

**Roam**—proceed with no direction in mind.

**Roll**—[literal] proceed in turning motions like a wheel / [figurative] move steadily.

**Rove**—wander far and wide.

**Run**—proceed quickly, both feet leaving the floor.

**Rush**—move with haste.

**Sashay**—move in a confident and flamboyant way.

**Saunter**—walk arrogantly, confidently.

**Scamper**—run like an agitated animal.

**Scarper**—run away.

**Scoot**—proceed at a fair pace / shuffle to one side.

**Scud**—move quickly as if blown by the wind.

**Scuff**—walk in a careless, friction-producing way.

**Scurry**—hurry like a small animal.

**Scuttle**—hurry like an insect.

**Seethe**—proceed like oozing liquid.

**Shuffle**—walk slowly, without lifting one's feet.

**Skedaddle**—depart in haste.

**Skip**—proceed bouncing from one foot to the other.

**Skitter**—move hurriedly.

**Slide**—move frictionlessly.

**Slink**—go smoothly / sensuously.

**Slip**—move frictionlessly / make an accidental movement.

**Slither**—slide forward like a snake.

**Slope**—as sneak.

**Sneak**—Proceed surreptitiously.

**Speed**—move very fast.

**Split**—depart.  
**Sprint**—run at top speed.  
**Stagger**—move unbalanced, unsteadily.  
**Stalk**—move as though hunting.  
**Stampede** [multiple people]—progress chaotically / in agitation.  
**Steam**—power forward.  
**Step**—move with the feet.  
**Streak**—move quickly, as if leaving a line of light behind you.  
**Stride**—walk purposefully.  
**Stroll**—walk in a brisk, leisurely manner.  
**Strut**—walk stiffly / arrogantly.  
**Swagger**—move arrogantly.  
**Sweep**—proceed swiftly.  
**Tank**—progress swiftly and forcefully.  
**Tiptoe**—proceed lightly, silently on the toes.  
**Traipse**—walk a distance.  
**Tramp**—walk a distance.  
**Trample**—walk without precision or care.  
**Travel**—move a distance.  
**Tread**—move using the feet.  
**Trek**—travel a long time / distance.  
**Trip**—proceed lightly, gaily.  
**Tromp**—walk heavy-footed.  
**Troop**—march with effort.  
**Trot**—move briskly like a horse.  
**Trundle**—move arduously like a cart.  
**Tumble**—fall / spiral forward  
**Undulate**—proceed in wavy motions  
**Waddle**—Walk in ungainly fashion, from side to side.  
**Walk**—go by foot.  
**Wander**—travel without a direction in mind.  
**Wend**—travel by a circuitous route.  
**Whizz**—go speedily.  
**Wobble**—move unsteadily.  
**Zip**—move swiftly.  
**Zoom**—move swiftly.

**Can you think of any more? Feel free to leave them in the comments, Tell us how you're using this list, and don't forget to give it a like if it's useful to you. Thanks!**

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