Can't Sit Still

So you move in one or more of these ways. Otherwise, they'll think you died.

EJKR	
AHSKE	
ECLNFOU	<u>-</u>
TTEERE	
AGYTER	
ATHSHR	
VQUERI	
PRILEP	
NOUDSTTNASR	<u>-</u>
ETIAVBR	
TTWCHI	<u>-</u>
GWILEG	
BONUS WORD:	(form bonus word from the marked letters in the other answers)

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