Powerful verbs in stage directions

Which of these two stage directions will help the actor the most?

(Moves across the room)

(Struts across the room holding his head high while scrutinising his accuser)

Why? What clues does the character have to carry out actions in both examples?

Can you improve these stage directions?

- 1. (Lifting her arms)
- 2. (Moves his foot)
- 3. (Holds the basket)
- 4. (Listening to the stranger)
- 5. (Opens the door)
- 6. (Hides herself)