

# Move Your Body

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Adrian Lefebour (AUS) - March 2017

Musik: Move Your Body - Sia : (Album: This Is Acting - iTunes - 4:07)



**Notes: 16 count intro from the start of the song. Start on the lyrics**

## **S1: Across, Touch, Cross Samba, Sailor, 3/4 Unwind**

1,2 Step L across R, Touch R toe to R side  
3&4 Step R across L, Step L to L side, Step R in place  
5&6 Step L behind R, Step R to R side, Step L in place  
7,8 Touch R toe behind L, Unwind 3/4 Turn R keeping weight on R (9.00)

## **S2: Side Shuffle, Across, Replace, Side, Across, Replace, Side**

1&2 Step L to L side, Step R together, Step L to L side  
3,4,5 Step R fwd/across L, Replace weight back on L, Step R to R side  
6,7,8 Step L fwd/across R, Replace weight back on R, Step L to L side

## **S3: Cross Samba, Across, 1/4 Turn, Coaster Step, Shuffle Fwd**

1&2 Step R across L, Step L to L side, Step R in place  
3,4 Step L across R, 1/4 L step R back (6.00)  
5&6 Step L back, Step R together, Step L fwd  
7&8 Step R fwd, Step L together, Step R fwd

## **S4: Full Turn L Touch, 3/4 Turn, 1/4 Side Shuffle (RESTART)**

1,2 1/4 Turn L step L fwd, 1/2 Turn L step R back (9.00)  
3,4 1/4 Turn L step L to L side, Touch R toe to R side (6.00)  
5,6 1/4 Turn R step R fwd, 1/2 Turn R step L back (3.00)  
7&8 1/4 Turn R step R to R side, Step L together, Step R to R side (6.00)

## **S5: Step Fwd, Sweep, Across, Step Back, Step Back, Replace, Kick, Together, Touch**

1,2 Step L fwd, Sweep R fwd around  
3,4 Step R across L, Step L back  
5,6 Step R back, Replace weight fwd on L  
7&8 Low kick R fwd, Step R together, Touch L toe to L side

## **S6: 1/4 Turn Twist, Step, Coaster Step, Rocking Chair**

1,2 Twist 1/4 L on balls of both feet, Step R heel down (3.00)  
3&4 Step L back, Step R together, Step L fwd  
5,6 Step R fwd, Replace weight back on L  
7,8 Step R back, Replace weight fwd on L

## **S7: Side, Behind, Side, Together, 1/4 Turn, 1/2 Paddle Turn, Cross Shuffle**

1,2 Step R to R side, Step L behind R  
3&4 Step R to R side, Step L together, 1/4 Turn R step R fwd (6.00)  
5,6 Step L fwd, 1/4 Paddle Turn R (9.00)  
7&8 Step L across R, Step R to R side, Step L across R

## **S8: Touch, Ball, Cross, Step Side, Replace, Cross Shuffle, 3/4 Turn**

1&2 Touch R toe to R side, Step R together slightly back, Step L across R  
3,4 Step R to R side, Replace weight on L  
5&6 Step R across L, Step L to L side, Step R across L

7,8                    1/4 Turn R step L back, 1/2 Turn R step R fwd (6.00)

**START AGAIN**

**RESTART – During wall 3, dance to count 32 and start dance again facing the 6.00 wall.**

**TAG – End of wall 6 add the below steps:**

1,2,3,4 –            Step L fwd, Replace weight back on R, Stomp L to L side, Stomp R in place

5,6,7,8 –            Shimmy for four counts

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