

# Let's Your Body

Count: 176

Wand: 1

Ebene: Phrased Improver

Choreograf/in: Andre Adhitama Rizal (INA) - May 2020

Musik: Move Your Body by Beyonce



Sequence: A B - A B - TAG - C A

Start Dance On Vocal (After 16 Counts)

**A: 64 counts**

**A.I. TOUCH-TOGETHER-TOUCH-TOGETHER-KICK-TOGETHER-KICK-TOGETHER X2**

1&2& Touch R forward, Close R beside L, Touch L forward, Close L beside R  
3&4& Kick R forward, Close R beside L, Kick L forward, Close L beside R  
5&6& Touch R forward, Close R beside L, Touch L forward, Close L beside R  
7&8& Kick R forward, Close R beside L, Kick L forward, Close L beside R

**A.II. MAMBO FORWARD-MAMBO BACK X2**

1 & 2 Rock forward R, Recover on L, Step back on R  
3 & 4 Back rock L, Recover on R, Step L forward  
5 & 6 Rock forward R, Recover on L, Step back on R  
7 & 8 Back rock L, Recover on R, Step L forward

**A.III. REPEAT A.I**

**A.IV. KICK-HOOK-FORWARD X2-  
BACK DIAGONAL-TOUCH X2**

1 & 2. Kick R forward, Hook R, Step R forward  
3 & 4. Kick L forward, Hook L, Step L forward  
5 6 7 8 Step back R diagonal, Touch L beside R with Clap, Step back L diagonal, Touch R beside L with Clap

**A.V. REPEAT A.I**

**A.VI. FORWARD-TOGETHER X4**

1 & 2 Step R forward with bending of the knee, Recover on L, Close R beside L  
3 & 4. Step L forward with bending of the knee, Recover on R, Close L beside R  
5 & 6 Step R forward with bending of the knee, Recover on L, Close R beside L  
7 & 8 Step L forward with bending of the knee, Recover on R, Close L beside R

**A.VII. REPEAT A.I**

**A.VIII. HIPBUMPS**

1 & 2 Hip bumps R L R  
3 & 4 Hip bumps L R L  
5 & 7 Hip bumps R L R  
7 & 8 Hip bumps L R L

**B: 48 counts**

**B.I. SIDE-TOGETHER-SIDE-TOUCH-SIDE-TOGETHER-SIDE-TOUCH**

1 2 3 4 Step R to side, Close L beside R, Step R to side, Touch L beside R  
5 6 7 8 Step L to side, Close R beside L, Step L to side, Touch R beside L

**B.II. HOLD-SIDE-TOGETHER-SIDE-TOUCH**

1 2 3 4 Hold or Pose

5678 Step L to side, Close R beside L, Step L to side, Touch R beside L

**B.III. SIDE-TOGETHER X3-SIDE-TOUCH-SIDE-TOGETHER X3-SIDE-TOUCH**

1&2& Step R to side, Close L beside R, Step R to side, Close L beside R  
3&4& Step R to side, Close L beside R, Step R to side, Touch L beside R  
5&6& Step L to side, Close R beside L, Step L to side, Close R beside L  
7 & 8 Step L to side, Close R beside L, Step L to side

**B.IV. JAZZBOX X2**

1234 Cross R over L, Step L back, Step R to side, Step L forward  
5678 Cross R over L, Step L back, Step R to side, Step L forward

**B.V. REPEAT B.III**

**B.VI. REPEAT B.IV (JAZZBOX X2)**

**C: 64 counts**

**C.I. V STEP**

1234 Step R forward diagonal, Step L forward diagonal, Step R back to center, Step L back to center,  
5678 Step R forward diagonal, Step L forward diagonal, Step R back to center, Step L back to center

**C.II. TURN 1/4 RIGHT (03.00)-REPEAT C.I**

**C.III. TURN 1/4 RIGHT (06.00)-REPEAT C.I**

**C.IV. TURN 1/4 RIGHT (09.00)-REPEAT C.I**

**C.V. RUN-HITCH-POINT SIDE**

1&2& Run RLRL  
3 & 4. Run RLR  
5&6& Turn 1/4 right Point touch L to side (12.00), Hitch L, Point touch L to side, Hitch L  
7 & 8 Point touch L to side, Hitch L, Point touch L to side

**C.VI. RUN-HITCH-POINT SIDE**

1&2& Turn 1/4 right (3.00) Run LRLR  
3 & 4. Run LRL  
5&6& Turn 1/4 left (12.00) Point touch R to side (12.00), Hitch R, Point touch R to side, Hitch R  
7 & 8 Point touch R to side, Hitch R, Point touch R to side

**C..VII. REPEAT C.V**

**C. VIII. REPEAT C.VI**

**TAG : Step In place**

1&2&3&4. R L R L R L R  
&5&6&7&8 L R L R L R L R

**Enjoy Your Dance**

**Contact: [adhitama.rizal@gmail.com](mailto:adhitama.rizal@gmail.com)**

---