

Se-Duc-Sheen



Count: 112

Wand: 2

Ebene: Phrased Intermediate /
Advanced



Choreograf/in: Jason Turner (USA) & James Colclasure Jr. (USA) - April 2025

Musik: Move That Body (feat. Akon & T-Pain) - Nelly, Akon & T-Pain

Sequence: A, B, A, B, A(48cts), A(32cts), A(32cts)

#24 Intro. No Tags, 2 Restarts.

Part A

[1-8]: R Hip Fwd, L Hip Back, Ball Step, L Cross Triple, Circular Hips RL, Ball Step, L Fwd

- 1 2& Push R Hip fwd (1), Push L hip back (2), Step R next to L (&)
- 3&4 Cross L over R (3), Step R to R side (&), Cross L over R (4)
- 5 6 Step R to R side as you roll hips counterclockwise to R (5/6)
- 7&8 Step L to L side as you roll hips clockwise to L (7), Step R next to L (&), Step L fwd (8)

[9-16]: R Fwd Step, ½ Turn L, ½ Turn R, L Side Rock w/ ¼ Turn R, Ball Step, L Cross, ¼ Turn R Fwd Step, L Back Glide, R Back Pony

- 1 2& Step R fwd (1), ½ turn over L shoulder taking weight to L (2), ½ turn over R shoulder taking weight to R (&)
- 3&4 Rock L to L side making ¼ turn R (3), Step R next to L (&), Cross L over R (4)
- 5 6 Step R fwd making ¼ turn R (5), Glide L back taking weight to L (6)
- 7&8& Step R back as you hitch L knee (7), Step L next to R (&), Step R back as you hitch L knee (8), Step L next to R (&)

[17-32]: Repeat the first 16cts.

[33-40]: Fwd Walk RL, Out Out In Cross, ¼ Turn, ½ Turn, ¼ Turn w/ arms

- 1 2 Step R fwd (1), Step L fwd (2)
- &3&4 Step R to R side (&), Step L to L side (3), Step R next to L (&), Cross L over R (4)
- 5 6 Step R fwd making ¼ turn R (5), Step L back making ½ turn R (6)
- 7 8 Step R to R side making ¼ turn R as you snap your R hand up above your head (snap fingers) and drop down to your R side (7/8)

[41-48]: ¼ Turn L, ¼ Turn L w/ Back Touch, ½ Unwind, Knee Pop, R Sailor, LR Fwd Scate

- 1&2 Step L fwd making ¼ turn L (1), Step R to R side, making ¼ L (&), Touch L behind R (2)
- 3 4 Unwind over L shoulder taking even weight to both feet (3), Pop both knees fwd taking weight to L (4)
- 5&6 Step R behind L (5), Step L to L side (&), Step R to R side (6)
- 7 8 Skate L fwd (7), Skate R fwd (8)

[49-56]: L Fwd Rock, Recover, L Back Step, R Back Touch, ½ Unwind, L Syncopated Rocking Chair, L Fwd Hops

- 1&2 Rock L fwd (1), Recover weight to R (&), Step L back (2)
- 3 4 Touch R back (3), Unwind ½ over R shoulder (4)
- 5&6& Rock L fwd (5), Recover weight to R (&), Rock L back (6), Recover weight to R (&)
- 7&8 Step L fwd (7), Hop fwd on L (&8)

[57-64]: Hot Feet RL, R Side Step, L Side Step, Camera Pose

- 1&2& Rock R fwd (1), Recover weight to L (7), Kick R fwd (2), Step R next to L (&)
- 3&4& Rock L fwd (1), Recover weight to R (7), Kick L fwd (2), Step L next to R (&)
- 5 6 Step R to R side (6), Step L to L side (6)

7&8 Make an "L" with your thumb and index finger on both hands. Place L "L" on top of R "L" in a rectangular position at chest height (7), Extend "camera" fwd (&), Retract camera to chest (8)
*See video for 7&8

[65-72]: Fwd Walk RL, Out Out In Cross, ¼ Turn, ½ Turn, ¼ Turn w/ arms

1 2 Step R fwd (1), Step L fwd (2)
&3&4 Step R to R side (&), Step L to L side (3), Step R next to L (&), Cross L over R (4)
5 6 Step R fwd making ¼ turn R (5), Step L back making ½ turn R (6)
7 8 Step R to R side making ¼ turn R as you snap your R hand up above your head (snap fingers) and drop down to your R side (7&8)

[73-80]: ¼ Turn L, ¼ Turn L w/ Back Touch, ½ Unwind, Knee Pop, R Sailor, L Sailor ½ turn

1&2 Step L fwd making ¼ turn L (1), Step R to R side, making ¼ L (&), Touch L behind R (2)
3 4 Unwind over L shoulder taking even weight to both feet (3), Pop both knees fwd taking weight to L (4)
5&6 Step R behind L (5), Step L to L side (&), Step R to R side (6)
7&8 Step L behind R (7), Step R to R side making ½ turn over L shoulder (&), Step L to L side (8)

Part B

[1-8]: Syncopated Lock Steps RL, R Cross R, ¾ Back Paddle w/ R

1&2& Step R fwd to R diagonal (1), Lock L behind R (&), Step R fwd to R diagonal (2), Step L fwd to L diagonal (&)
3&4& Lock R behind L (3), Step L fwd to L diagonal (&) Rock R over L (4), Recover weight to L (&)
5678 Step R to R side making ¼ turn over R shoulder (5), Step R to R side making 1/8 turn over R shoulder (6), Step R to R side making ¼ turn over R shoulder (7), Step R to R side making 1/8 turn over R shoulder (8)

*5678: You will transfer weight back to L in between each sidestep. Use the sidestep as a pushing action to get you around. Your L never leaves the ground.

[9-16]: L Vaudeville, Syncopated Weave L, ¼ Turn L, Out Out, Hip Push Upwards

1&2 Cross L over R (1), Step R to R side (&), Touch L heel to L diagonal (2)
&3&4 Step L next to R (&), Cross R over L (3), Step L to L side (&), Cross R behind L (4)
& Step L fwd making ¼ turn L (&)
5 6 Step R to R side (5), Step L to L side (6)
7 8 Roll upper body downwards towards L knee placing both hands on L knee (7), Push R hip upward (8)

* See video for 7 8

[17-24]: Body Roll Upwards R, Back It Up, Body Roll Backwards, Back It up

1 2 Roll body upwards to R taking weight to R (1&2)
&3&4 Step L back (&), Step R back (3), Step L back (&), Step R back (3)
5 6 Roll body backwards taking weight to L (5&6)
&7&8 Step R back (&), Step L back (7), Step R back (&), Step L back (8)

[25-32]: R Fwd Kick, L Side Rock, L Fwd Kick, R Side Rock, R Fwd Step, ½ Unwind w/ Knee Pops, R Back Flick

1&2& Kick R Fwd (1), Step R next to L (&), Rock L to L side (2), Recover weight to R (&)
3&4& Kick L Fwd (1), Step L next to R (&), Rock R to R side (2), Recover weight to L (&)
567 Step fwd R (5), ½ turn over L shoulder popping knees fwd (6&7)
8 Flick R back (8)
