

Move Your Body

Count: 32

Wand: 4

Ebene: Intermediate

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Musik: Move Your Body - Eiffel 65



SHOULDER POPS X3, SIDE SWITCHES SHOULDER POP, SIDE SWITCHES TWICE BODY ROLL

- 1-2 Standing shoulder width apart pop shoulders to right side, pop shoulders to left side
3&4 Pop shoulders to right side, step left foot next to right, step right foot to right side
5&6 Pop shoulders to right side, step left foot next to right, touch right foot to right side
&7-8 Step right foot next to left, step left foot to left side, body roll left ending with weight on left

BODY ROLL, KICK ¼ TURN, ARM MOVEMENTS, ¼ TURN

- &9-10 Step right foot next to left, step left foot to left side, body roll left ending with weight on left
11&12 Kick right foot forward, step right foot ¼ turn right, step left foot to left side, ending with feet shoulder width apart
13-14 Push arms out to front left over right at wrist, roll arms in towards chest, right hand will be on top at chest, roll back out left wrist on top
15-16 Roll right hand around back of head stopping at side of right ear while pivoting ¼ turn right on balls of feet ending with weight on right

PIVOT, REVERSE PIVOT, ROCK STEP, TRIPLE TURN

- 17-18 Step left foot forward, pivot ½ turn right on ball of left foot
19-20 Touch right foot back, pivot ½ turn right on ball of left foot ending with weight on right foot
21-22 Rock forward on left foot, recover weight back on right foot
23&24 Triple turn ½ left - left, right, left

KICK AND POINT TRAVELING FORWARD TWICE, ¼ TURN RIGHT, COASTER STEP, STOMP

- 25&26 Kick right foot forward, step right foot forward, point left foot to left side
27&28 Kick left foot forward, step left foot forward, point right foot to right side
29 Pivot ¼ turn right on balls of feet ending with weight on left foot
30&31 Coaster step on right foot - right, left, right
32 Stomp left foot out to left side ending with feet shoulder width apart

REPEAT
