

# Swing Your Body

Count: 128

Wand: 2

Ebene: Improver

Choreograf/in: Nicky Tan (MY) - May 2014

Musik: Timber (feat. Kesha) - Pitbull



Dance starts after 16 counts

## Section 1 : Vine to Right then Left

1234 Step RF to right, Step LF behind RF, Step RF to right, Touch LF beside RF  
5678 Step LF to left, Step RF behind LF, Step LF to left, Touch RF beside LF (12:00)

## Section 2 : Step forward, Brush - 2x, Step Back, Touch

1234 Step RF forward, Brush LF beside RF Step LF forward, Brush RF beside LF  
5648 Step back RF, LF, RF, Touch LF beside RF (12:00)

## Section 3 : Vine to Left then Right

1234 Step LF to left, Step RF behind LF, Step LF to left, Touch RF beside LF  
5678 Step RF to right, Step LF behind RF, Step RF to right, Touch LF beside RF (12:00)

## Section 4 : Step forward, Brush – 2x , Step Back, Touch

1234 Step LF forward, Brush RF beside LF, Step RF forward, Brush LF beside RF  
5678 Step back LF, RF, LF, Touch RF beside LF (12:00)

## Section 5 : Rolling Vine to Right then Left

1234 Turn ¼ Right & Step RF forward, Turn ½ Right & Step LF back, Turn ¼ Right & Step RF to side Touch LF beside RF  
5678 Turn ¼ Left & Step LF forward, Turn ½ Left & Step RF back , Turn ¼ Left & Step LF to side, Touch RF beside LF (12:00)

## Section 6 : Step forward, Point – 2x, Jazz Box with a ¼ Turn

1234 Step RF forward, Touch LF to left, Step LF forward, Touch RF to right  
5678 Cross RF over LF, Step LF back, Turn ¼ Right & Step RF forward, Step LF Beside RF (3:00)

## Section 7 : Repeat Section 5 (3:00)

## Section 8 : Repeat Section 6 (6:00)

## Section 9 : Toe Switches, Flick, Heel Switches, Hook

1&2& Touch RF to right, Step RF beside LF, Touch LF to left, Step LF beside RF  
34 Touch RF to right, Flick RF behind LF  
5&6& Touch R heel forward, Step RF beside LF, Touch L heel forward, Step LF beside RF  
78 Touch R heel forward, Hook RF in front of L leg (6:00)

## Section 10 : Forward Shuffle, Rock Recover, 1/2L Forward Shuffle, Step Forward, Together

1&2 Forward Shuffle RF, LF, RF  
34 Rock LF forward, Recover on RF  
5&6 Turn ½ left & Forward Shuffle LF, RF, LF  
78 Step RF forward, Close LF together (12:00)

## Section 11 : Repeat Section 9 (12:00)

## Section 12 : Repeat Section 10 (6:00)

## Section 13 : Hip Bumps, Hip Roll, Step Touch – 2x

1234 Hip Bump R, L, Hip Circle Clock Wise  
56 Step RF diagonally forward, Touch LF beside RF  
78 Step LF diagonally back, Touch RF beside LF (6:00)

**Section 14 : Paddle 4x – Full Turn**

12 Step RF forward, Turn  $\frac{1}{4}$  L with weight on LF (3:00)  
34 Repeat Steps 1-2 (12:00)  
56 Repeat Steps 1-2 (9:00)  
78 Repeat Steps 1-2 (6:00)

**Section 15 : Repeat Section 13**

**Section 16 : Repeat Section 14**

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