

# Move That Body

Count: 0

Wall: 4

Level: Intermediate

Choreographer: Yang Wei Cheng & Sobrielo Philip Gene (SG)

Music: Move Ya Body - Nina Sky



Sequence: A, B (48 counts), A, B, A, A, B, B (16 counts), A, A, B until music ends

Everytime she sings chorus you do A. This dance is for everyone to remember to move their body gracefully as its Gods gift to all of us.

## PART A (32 COUNTS)

**HIP ROLLS ¼, HIP BUMPS, HIP ROLLS ¼ FORWARD, FORWARD, BACK, BACK, HIP ROLLS ¼ TURN, HIP BUMPS, HIP ROLLS ¼ TURN, FORWARD, FORWARD, BACK, BACK**

1&2 Touch right forward and do hip roll making 1/8 turn left

3-4 Do another hip roll making 1/8 left

5-8 Hip bumps right, left, right, left (in a sexy way)

9&10 Touch right forward and do hip roll making 1/8 turn left

11-12 Do another hip roll making 1/8 left

13-14 Step forward right (bend knee a little), step left forward to left (bend knee a little) (feet apart)

15-16 Step right back, step left back to left (feet apart)

17-24 Repeat steps 1-8

25-32 Repeat steps 9-16

## PART B (64 COUNTS)

**CROSS ROCK STEP, CROSS ROCK STEP, CROSS ROCK ¼, POINT POINT ½ TURN**

1&2 Cross rock right over left, replace weight onto left, step right to right

3&4 Cross rock left over right, replace weight onto right, step left to left

5&6 Cross rock right over, replace weight onto left, making ¼ turn right step right forward

7-8 Point left to left making ¼ turn right, point left to left to left making ¼ turn right

**KICK STEP POINT, KICK STEP POINT, ½ TURN POINT, ½ TURN POINT**

9&10 Kick left forward, step left beside right, point right to right

11&12 Kick right forward, step right beside left, point left to left

13-14 Making ½ turn left step left forward, point right to right

15-16 Making ½ turn right step right forward, point left to left

**HIP BUMPS HITCH, HIP BUMPS HITCH, BACK HIP BUMP, BACK HIP BUMPS**

17&18 Bump hip to left, bump hip right, bump hip to left at the same time hitch right (head look to left)

19&20 Bump hip to right, bump hip left, bump hip to right at the same time hitch left (head look right)

21&22 Step left back and bump hip left, right, left

23&24 Step right back and bump hip right, left, right

**KNEE ROLLS MOVING BACKWARD (SLOW AND SEXY)**

25-26 Touch left back and roll knee from right to left putting weight onto left

27-28 Touch right back and roll knee from left to right putting weight onto right

29-30 Touch left back and roll knee from right to left putting weight onto left

31-32 Touch right back and roll knee from left to right putting weight onto right

**SIDE SHUFFLE ROCK RECOVER, SIDE SHUFFLE ROCK RECOVER**

33&34 Step left to left, step right beside left, step left to left

35-36 Rock right behind left, replace weight onto left  
37&38 Step right to right, step left beside right, step right to right  
39-40 Rock left behind right, replace weight onto right

**CROSS POINT, CROSS POINT, CROSS UNWIND ½ TURN, STEP STEP**

41-42 Cross left over right, point right to right  
43-44 Cross right over left, point left to left  
45-46 Cross left over right, unwind ½ turn right (weight on left)  
47-48 Step right forward, step left forward to left (feet apart)

**SAILOR STEP, BEHIND SIDE CROSS, SIDE SHUFFLE, ROCK BACK**

49&50 Step right behind left, step left to left, step right to right  
51&52 Step left behind right, step right to right, cross left over right  
53&54 Step right to right, step left beside right, step right to right  
55-56 Rock left back of right, replace weight onto right

**SIDE ROCK CROSS, SIDE ROCK CROSS, ½ TURN STEP, POINT POINT ½ TURN**

57&58 Rock left to left, replace weight onto right, cross left over right  
59&60 Rock right to right, replace weight onto left, cross right over left  
61&62 Step left forward, make ½ turn right transferring weight onto right, step left forward  
63-64 Making ¼ turn left point right to left, making another ¼ turn left point right to left  
&65 Jump left diagonal back left, touch right beside left

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