

Move Your Body

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Penny Tan (MY) - August 2019

Musique: Move Your Body (Single Mix) - Sia

Intro: 32 counts - NO TAG / 2 RESTART!

SEC1: WALK FWD R-L, R MAMBO FWD,STEP BACK, BACK LOCK STEP, STEP TOGETHER

1-2 Walk fwd RF , walk fwd LF
3&4 Rock RF fwd ,recover on L , step RF back
5-6&7 Step LF back , step RF back , cross LF over RF , step RF back
8 Step LF next to RF
**

SEC2: R STEP SIDE , L STEP BEHIND WITH SWEEP, BEHIND ,1/4 L TURN FWD STEP ,FWD STEP , ROCK ,RECOVER , COASTER STEP

1-2 Step RF to R , step LF behind RF with sweeping RF from front to back
3&4 Step RF behind LF , 1/4 turn L ,step LF fwd ,step RF fwd (facing 9:00)
5-6 Rock LF fwd ,recover RF on R
7&8 Step LF back , step RF next to LF ,step Lf fwd on L

SEC3: R STEP SIDE ,ROCK BACK , RECOVER , 1/4 TURN L SIDE STEP ,ROCK BACK , RECOVER, R SIDE CHASSE

1-2-3 Step RF to R side, rock LF behind RF ,recover on R
4-5-6 1/4 turn R, step LF to L side , rock RF behind LF, recover on L (facing 12:00)
7&8 Step RF to R , step LF next to RF , step RF to R

SEC4: L ROCK BACK , RECOVER , L SIDE CHASSE, TOUCH , SIDE STEP , TOUCH , SIDE STEP

1-2 Rock LF behind RF , recover on R
3&4 Step LF to L , step RF next to LF ,step LF to L
5-6 Touch RF beside LF , step RF to R
7-8 Touch LF beside RF ,step LF to L *

SEC5: 1/4 TURN R COASTER STEP ,STEP LOCK STEP ,PIVOT 1/2 TURN L ,PIVOT 1/4 TURN L

1&2 1/4 turn R ,step RF back , step LF beside RF, step RF fwd (facing 3:00)
3&4 Step LF fwd , lock RF behind LF , step LF fwd
5-6 Step RF fwd,pivot 1/2 turn L (facing 9:00)
7-8 Step RF fwd , pivot 1/4 turn L (facing 6:00)

SEC6: STEP LOCK STEP , STEP LOCK STEP , RF FWD STEP ,1/4 TURN L ,L STEP SIDE , R CROSS SHUFFLE

1&2 Step RF fwd ,lock LF behind RF , step RF fwd
3&4 Step LF fwd ,lock RF behind LF , step LF fwd
5-6 Step RF fwd ,1/4 turn L ,step LF to L side
7&8 Cross RF over LF ,step LF to L side, cross RF over LF (facing3:00)

SEC7: 1/4 TURN R STEP BACK L , STEP BACK R , L COASTER STEP , 1/4 TURN R FWD STEP ,TOUCH , 1/2 TURN L ,STEP LOCK STEP

1-2 1/4 turn R , step LF back , step RF back (facing 6:00)
3&4 Step LF back ,step RF beside LF , step LF fwd
5-6 1/4 turn R , step RF fwd , touch LF behind RF (facing 9:00)
7&8 1/2 turn L ,step LF fwd ,lock RF behind LF , step LF fwd (facing 3:00)

SEC8: 1/4 TURN R FWD STEP , TOUCH ,1/2 TURN L ,STEP LOCK STEP, R STEP FWD ,1/2 TURN L

,STEP FWD ,WALK FWD R ,WALK FWD L

- 1-2 1/4 turn R ,step RF fwd , touch LF behind RF (facing 6:00)
3&4 1/2 turn L , step LF fwd , lock RF behind LF ,step LF fwd (facing 12:00)
5-6 Step RF fwd , 1/2 turn L , step LF fwd on L
7-8 Walk fwd RF , walk fwd LF (facing 6:00)

Restart :

*** During wall 3 , you will start the dance (facing 12:00) , dance to count 32 and restart (facing 12:00)**

****During wall 7 , you will start the dance (facing 6:00) , dance to count 8 and restart (facing 6:00)**

Happy Dancing

Contact: pennytanml@hotmail.com

Last Update - 5 Sept. 2019 - R2
