

Move Your Body

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Adrian Lefebour (AUS) - March 2017
音乐: Move Your Body - Sia : (Album: This Is Acting - iTunes - 4:07)



Notes: 16 count intro from the start of the song. Start on the lyrics

S1: Across, Touch, Cross Samba, Sailor, 3/4 Unwind

1,2 Step L across R, Touch R toe to R side
3&4 Step R across L, Step L to L side, Step R in place
5&6 Step L behind R, Step R to R side, Step L in place
7,8 Touch R toe behind L, Unwind 3/4 Turn R keeping weight on R (9.00)

S2: Side Shuffle, Across, Replace, Side, Across, Replace, Side

1&2 Step L to L side, Step R together, Step L to L side
3,4,5 Step R fwd/across L, Replace weight back on L, Step R to R side
6,7,8 Step L fwd/across R, Replace weight back on R, Step L to L side

S3: Cross Samba, Across, 1/4 Turn, Coaster Step, Shuffle Fwd

1&2 Step R across L, Step L to L side, Step R in place
3,4 Step L across R, 1/4 L step R back (6.00)
5&6 Step L back, Step R together, Step L fwd
7&8 Step R fwd, Step L together, Step R fwd

S4: Full Turn L Touch, 3/4 Turn, 1/4 Side Shuffle (RESTART)

1,2 1/4 Turn L step L fwd, 1/2 Turn L step R back (9.00)
3,4 1/4 Turn L step L to L side, Touch R toe to R side (6.00)
5,6 1/4 Turn R step R fwd, 1/2 Turn R step L back (3.00)
7&8 1/4 Turn R step R to R side, Step L together, Step R to R side (6.00)

S5: Step Fwd, Sweep, Across, Step Back, Step Back, Replace, Kick, Together, Touch

1,2 Step L fwd, Sweep R fwd around
3,4 Step R across L, Step L back
5,6 Step R back, Replace weight fwd on L
7&8 Low kick R fwd, Step R together, Touch L toe to L side

S6: 1/4 Turn Twist, Step, Coaster Step, Rocking Chair

1,2 Twist 1/4 L on balls of both feet, Step R heel down (3.00)
3&4 Step L back, Step R together, Step L fwd
5,6 Step R fwd, Replace weight back on L
7,8 Step R back, Replace weight fwd on L

S7: Side, Behind, Side, Together, 1/4 Turn, 1/2 Paddle Turn, Cross Shuffle

1,2 Step R to R side, Step L behind R
3&4 Step R to R side, Step L together, 1/4 Turn R step R fwd (6.00)
5,6 Step L fwd, 1/4 Paddle Turn R (9.00)
7&8 Step L across R, Step R to R side, Step L across R

S8: Touch, Ball, Cross, Step Side, Replace, Cross Shuffle, 3/4 Turn

1&2 Touch R toe to R side, Step R together slightly back, Step L across R
3,4 Step R to R side, Replace weight on L
5&6 Step R across L, Step L to L side, Step R across L

7,8 1/4 Turn R step L back, 1/2 Turn R step R fwd (6.00)

START AGAIN

RESTART – During wall 3, dance to count 32 and start dance again facing the 6.00 wall.

TAG – End of wall 6 add the below steps:

1,2,3,4 – Step L fwd, Replace weight back on R, Stomp L to L side, Stomp R in place

5,6,7,8 – Shimmy for four counts

Contact ~ Adrian Lefebour – 0412 207 745 - alefebour@gmail.com
