

Move Your Body

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Anne Herd (AUS) - March 2017
音乐: Move Your Body (Alan Walker Remix) - Sia : (CD: This Is Acting, Deluxe Edition - iTunes)



Intro: Start on lyrics 16 counts in weight on L - Dance moves 1/4 CW

RIGHT AND LEFT SIDE ROCK, BEHIND SIDE CROSS

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L
5-6-7&8 Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, 1/4 SHUFFLE FWD.

1-2-3&4 Step R to side, Step L beside R, Side shuffle R stepping RLR
5-6-7&8 Cross L over R, recover to R, Turn 1/4 L shuffle fwd. stepping LRL 9:00

SYNCOPATED WEAVE, HIP SWAY

1-2&3-4 Step R to side. Step L behind R, Step R to side, Cross L over R, Step R to side
5&6-7-8 Cross L behind R, Step R to side, Cross L over R, Step R to side as you sway hips RL

SIDE ROCK, CROSS SHUFFLE, 1/4 R, 1/4 R, CROSS SHUFFLE

1-2-3&4 Rock R to side, Recover to L, Cross shuffle R over L stepping RLR
5-6-7&8 Turn 1/4 R stepping back on L, Turn 1/4 R stepping R to side, Cross shuffle L over R stepping LRL [3:00]

[32]

Tags: There is a 4 count Tag at the end of walls 6 & 8. Add a rocking chair.

Contact: anneherd@bigpond.com
