

# Move Your Body

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: TJ Tett (IRE) - May 2017  
音乐: Move Your Body - Sia



## Section 1 - Weave Right, Rock Back, ¼ R, ¼ R

1,2&3,4 – Step R foot to R Side, Cross L Behind R, Step R to R Side, Cross L over R, Step R to R side  
5,6 – Rock back on L, Recover on R  
7,8 – ¼ turn R Stepping back on L, ¼ turn R Stepping R to R side

## Section 2 - Cross, Hold, & Behind ¼, Pivot ½, Step L, ½ turn stepping back on R.

1,2 – Cross L over R, Hold,  
&3,4 – Step R to R side, Cross L Behind R, ¼ Turn R stepping Forward on R.  
5,6 – Step Forward on L, Pivot ½ Turn Right (3:00)  
7,8 – Step Forward on L, ½ turn L stepping back on R (9:00)

## Section 3 - Step L back, Drag R, Walk forward L, R, L Cross Side Rock, R Cross Side Rock (Travelling Forward)

1,2 – Step L foot Back, Drag R next to L  
&3,4 – Walk Forward L, R  
5&6 – Cross L over R, Rock R to R side, Replace Weight onto L  
7&8 – Cross R over L, Rock L to L side, Replace Weight onto R

## Section 4 - Cross, ¼, Cross, Side, Rock Back, & Touch L, Touch R

1,2&3,4 – Cross L over R, ¼ turn L stepping Back on R, Replace Weight onto L, Cross R over L, Step L to L side.  
5,6 – Rock back on R, Recover on L  
&7 – Step R to R side, Touch L next to R  
&8 – Step L to L side, Touch R next to L

## Section 5 - Point R, Point L, R Heel, Touch L foot Forward, 2 Hip Bumps Forward & Back, Step L foot down, Sweep R over L

1&2&3&4 – Point R to R side, Step R foot Next to L, Point L to L side, Step L foot Next to R, R heel Forward, Step R foot next to L, Touch L foot Forward  
5,6 – 2 Hips bumps, 1 forward, 1 Back  
7,8 – Step L Foot Down, Sweep R Leg over L

## Section 6 - R Cross Back Side, L Cross Back Side, Rock Back on R, Walk forward R, L

1&2,3&4 – Cross R over L, Step L foot back, Step R to R side, Cross L over R, Step R foot Back, Step L to L side  
5,6 – Rock back on R, Recover on L  
7,8 – Walk forward R, L

## Section 7 - Pivot ½ Turn, R Shuffle Forward, ¾ Turn, Left Cross Shuffle

1,2 – Step Forward on R, Pivot ½ left (12:00)  
3&4 – Right Shuffle Forward  
5,6 – ½ Turn stepping back on L, ¼ Turn R Stepping R to R side (9:00)  
7&8 – Cross L over R, Step R to R Side, Cross L over R

## Section 8 - Side Rock, Behind Side Cross, ¾ Turn, Left Shuffle Forward

1,2 – Rock R to R side, Recover on L  
3&4 – Cross R behind L, Step L to L Side, Cross R over L  
5,6 – 1/4 Turn R Stepping back on L, ½ Turn R Stepping Forward on R (6:00)

7&8 – Left Shuffle Forward

**Restart - Wall 3 & Wall 6 - After Section 4, Restart your Dance.**

**Tag - Wall 7 - After Section 4 - 8 Count Tag**

1,2 - Step Forward R, Pivot Turn Left,

3,4 - Step Forward R, Pivot Turn Left

&5&6 - Step R to R side, Touch L next to R, Step L to L side, Touch R next to L

7&8 - Right Kickball Cross

**Released at Dance Crazy Spain Week 2017**

**Contact: [tjtett2@gmail.com](mailto:tjtett2@gmail.com)**

**Last Update - 12th May 2017**

---