

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

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