

# Move Your Body

**COPPER KNOB**  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Penny Tan (MY) - August 2019  
音乐: 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**

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**Last Update - 5 Sept. 2019 - R2**

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