

# Let's Move Ya Body

**COPPER** **KNOB**  
STEPSHEETS

拍数: 48                      墙数: 2                      级数: Beginner  
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音乐: Move Ya Body - Nina Sky



Intro:32 Counts - \*No tag No restart!

## SEC1:MAMBO STEPS

1&2                      Step RF to R ,recover on L,step RF next to LF  
3&4                      Step LF to L,recover on R,step LF next to RF  
5&6                      Step RF fwd ,recover on L ,step RF back  
7&8                      Step LF back,recover on R ,step LF fwd

\* Optional: Shimming and fwd body for count 5& , recover 6 . Shimming and a bit leaning body back for count 7& , recover 8.

## SEC2:MERENGUE R

1-4                      Step RF to R, step LF next to RF, step RF to R, Step LF next to RF  
5-8                      Step RF to R, step LF next to RF, step RF to R, touch LF next to RF

## SEC3:MERENGUE L

1-4                      Step LF to L,step RF next to LF,step LF to L,step RF next to LF  
5-8                      Step LF to L,step RF next to LF,step LF to L,touch RF next to LF

## SEC4:PADDLE ½ TURN L , FWD , PADDLE ½ TURN R, FWD

1&2&3&4                      Point R toe fwd ,turn ¼ L , point R toes fwd ,1/8 turn L, point R toes fwd ,1/8 turn L , step RF fwd (6:00) \* Weight on L when you paddle turn  
5&6&7&8                      Point L toes fwd ,1/4 turn R ,point L toes fwd ,1/8 turn R ,point L toes fwd,1/8 turn R ,step LF fwd (12:00) \* Weight on R when you paddle turn

## SEC5:TOE STRUT,1/4 TURN L TOE STRUT

1-4                      Touch R toes fwd / diagonally, step down RF in place , touch L toes fwd / diagonally , step down LF in place  
5-8                      ¼ turn R , touch R toes fwd / diagonally, step down RF in place , touch L toes fwd / diagonally , step down LF in place

## SEC6:1/4 TURN R CROSS ,TOUCH ,BACK , TOUCH, STOMP FWD , HOLD (R-L)

1-2                      ¼ turn R ,cross RF over LF ,touch LF to L  
3-4                      Cross LF behind RF ,touch RF to R  
5-6                      Stomp RF fwd,hold  
7-8                      Stomp LF fwd ,hold (6:00)

Have fun and happy dancing!

Last Update: 11 May 2023