

# Move Your Body

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Adrian Lefebour (AUS) - March 2017  
音樂: Move Your Body - Sia : (Album: This Is Acting - iTunes - 4:07)



Notes: 16 count intro from the start of the song. Start on the lyrics

## S1: Across, Touch, Cross Samba, Sailor, 3/4 Unwind

1,2            Step L across R, Touch R toe to R side  
3&4           Step R across L, Step L to L side, Step R in place  
5&6           Step L behind R, Step R to R side, Step L in place  
7,8            Touch R toe behind L, Unwind 3/4 Turn R keeping weight on R (9.00)

## S2: Side Shuffle, Across, Replace, Side, Across, Replace, Side

1&2           Step L to L side, Step R together, Step L to L side  
3,4,5          Step R fwd/across L, Replace weight back on L, Step R to R side  
6,7,8          Step L fwd/across R, Replace weight back on R, Step L to L side

## S3: Cross Samba, Across, 1/4 Turn, Coaster Step, Shuffle Fwd

1&2           Step R across L, Step L to L side, Step R in place  
3,4            Step L across R, 1/4 L step R back (6.00)  
5&6           Step L back, Step R together, Step L fwd  
7&8           Step R fwd, Step L together, Step R fwd

## S4: Full Turn L Touch, 3/4 Turn, 1/4 Side Shuffle (RESTART)

1,2            1/4 Turn L step L fwd, 1/2 Turn L step R back (9.00)  
3,4            1/4 Turn L step L to L side, Touch R toe to R side (6.00)  
5,6            1/4 Turn R step R fwd, 1/2 Turn R step L back (3.00)  
7&8            1/4 Turn R step R to R side, Step L together, Step R to R side (6.00)

## S5: Step Fwd, Sweep, Across, Step Back, Step Back, Replace, Kick, Together, Touch

1,2            Step L fwd, Sweep R fwd around  
3,4            Step R across L, Step L back  
5,6            Step R back, Replace weight fwd on L  
7&8            Low kick R fwd, Step R together, Touch L toe to L side

## S6: 1/4 Turn Twist, Step, Coaster Step, Rocking Chair

1,2            Twist 1/4 L on balls of both feet, Step R heel down (3.00)  
3&4            Step L back, Step R together, Step L fwd  
5,6            Step R fwd, Replace weight back on L  
7,8            Step R back, Replace weight fwd on L

## S7: Side, Behind, Side, Together, 1/4 Turn, 1/2 Paddle Turn, Cross Shuffle

1,2            Step R to R side, Step L behind R  
3&4            Step R to R side, Step L together, 1/4 Turn R step R fwd (6.00)  
5,6            Step L fwd, 1/4 Paddle Turn R (9.00)  
7&8            Step L across R, Step R to R side, Step L across R

## S8: Touch, Ball, Cross, Step Side, Replace, Cross Shuffle, 3/4 Turn

1&2           Touch R toe to R side, Step R together slightly back, Step L across R  
3,4            Step R to R side, Replace weight on L  
5&6            Step R across L, Step L to L side, Step R across L

7,8                    1/4 Turn R step L back, 1/2 Turn R step R fwd (6.00)

**START AGAIN**

**RESTART – During wall 3, dance to count 32 and start dance again facing the 6.00 wall.**

**TAG – End of wall 6 add the below steps:**

1,2,3,4 –            Step L fwd, Replace weight back on R, Stomp L to L side, Stomp R in place

5,6,7,8 –            Shimmy for four counts

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