

Move That Body

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Yang Wei Cheng & Sobrielo Philip Gene (SG)
音樂: Move Ya Body - Nina Sky



Sequence: A, B (48 counts), A, B, A, A, B, B (16 counts), A, A, B until music ends
Everytime she sings chorus you do A. This dance is for everyone to remember to move their body gracefully as its Gods gift to all of us.

PART A (32 COUNTS)

HIP ROLLS ¼, HIP BUMPS, HIP ROLLS ¼ FORWARD, FORWARD, BACK, BACK, HIP ROLLS ¼ TURN, HIP BUMPS, HIP ROLLS ¼ TURN, FORWARD, FORWARD, BACK, BACK

- 1&2 Touch right forward and do hip roll making 1/8 turn left
3-4 Do another hip roll making 1/8 left
5-8 Hip bumps right, left, right, left (in a sexy way)
- 9&10 Touch right forward and do hip roll making 1/8 turn left
11-12 Do another hip roll making 1/8 left
13-14 Step forward right (bend knee a little), step left forward to left (bend knee a little) (feet apart)
15-16 Step right back, step left back to left (feet apart)
- 17-24 Repeat steps 1-8
25-32 Repeat steps 9-16

PART B (64 COUNTS)

CROSS ROCK STEP, CROSS ROCK STEP, CROSS ROCK ¼, POINT POINT ½ TURN

- 1&2 Cross rock right over left, replace weight onto left, step right to right
3&4 Cross rock left over right, replace weight onto right, step left to left
5&6 Cross rock right over, replace weight onto left, making ¼ turn right step right forward
7-8 Point left to left making ¼ turn right, point left to left to left making ¼ turn right

KICK STEP POINT, KICK STEP POINT, ½ TURN POINT, ½ TURN POINT

- 9&10 Kick left forward, step left beside right, point right to right
11&12 Kick right forward, step right beside left, point left to left
13-14 Making ½ turn left step left forward, point right to right
15-16 Making ½ turn right step right forward, point left to left

HIP BUMPS HITCH, HIP BUMPS HITCH, BACK HIP BUMP, BACK HIP BUMPS

- 17&18 Bump hip to left, bump hip right, bump hip to left at the same time hitch right (head look to left)
19&20 Bump hip to right, bump hip left, bump hip to right at the same time hitch left (head look right)
21&22 Step left back and bump hip left, right, left
23&24 Step right back and bump hip right, left, right

KNEE ROLLS MOVING BACKWARD (SLOW AND SEXY)

- 25-26 Touch left back and roll knee from right to left putting weight onto left
27-28 Touch right back and roll knee from left to right putting weight onto right
29-30 Touch left back and roll knee from right to left putting weight onto left
31-32 Touch right back and roll knee from left to right putting weight onto right

SIDE SHUFFLE ROCK RECOVER, SIDE SHUFFLE ROCK RECOVER

- 33&34 Step left to left, step right beside left, step left to left

35-36 Rock right behind left, replace weight onto left
37&38 Step right to right, step left beside right, step right to right
39-40 Rock left behind right, replace weight onto right

CROSS POINT, CROSS POINT, CROSS UNWIND ½ TURN, STEP STEP

41-42 Cross left over right, point right to right
43-44 Cross right over left, point left to left
45-46 Cross left over right, unwind ½ turn right (weight on left)
47-48 Step right forward, step left forward to left (feet apart)

SAILOR STEP, BEHIND SIDE CROSS, SIDE SHUFFLE, ROCK BACK

49&50 Step right behind left, step left to left, step right to right
51&52 Step left behind right, step right to right, cross left over right
53&54 Step right to right, step left beside right, step right to right
55-56 Rock left back of right, replace weight onto right

SIDE ROCK CROSS, SIDE ROCK CROSS, ½ TURN STEP, POINT POINT ½ TURN

57&58 Rock left to left, replace weight onto right, cross left over right
59&60 Rock right to right, replace weight onto left, cross right over left
61&62 Step left forward, make ½ turn right transferring weight onto right, step left forward
63-64 Making ¼ turn left point right to left, making another ¼ turn left point right to left
&65 Jump left diagonal back left, touch right beside left
