

Move Ya Body

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Elissa Scott
音樂: Move Ya Body - Nina Sky



The choreographer was Age 12 when this dance was written

RIGHT KICK BALL CHANGE TWICE, ½ TURN, RIGHT SHUFFLE

1&2 Kick right forward, step right beside left, step left in place
3&4 Kick right forward, step right beside left, step left in place
5-6 Step right forward, pivot ½ turn left
7&8 Step right forward, step left beside right, step right forward

Facing 6:00

LEFT ROCK, CROSS SHUFFLE, HINGE ½ TURN, COASTER STEP

1-2 Rock left to left side, rock onto right in place
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step right to right side, make ½ turn left stepping left to left side
7&8 Step back right, close left beside right, step forward right

Facing 12:00

SYNCOPATED WEAVE RIGHT, RIGHT & LEFT TOE TOUCHES

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, cross left over right
5&6& Touch right to right side, step right beside left, touch left to left side, step left beside right
7&8 Touch right to right side, step right beside left, touch left to left side,

Facing 12:00

Option: during wall 3, (facing 6:00) replace syncopated weave with a full turn right on word "woo"

RIGHT HEEL, HOOK, SHUFFLE, STEP ½ LEFT, LEFT SHUFFLE

1-2 Point right heel forward, hook right in front of left
3&4 Step right forward, step left beside right, step right forward
5-6 Step right forward, pivot ½ turn right
7&8 Step left forward, step right beside left step left forward

Facing 6:00

FULL TURN, STEP ¼ TURN, KICK BALL POINT, POINT, POINT

1-2-3-4 Full turn left, stepping back on right and forward on left, step ¼ turn left
5&6 Kick right forward, step right beside left, point left to the side
7-8 Point left in front, point left to the side

Facing 3:00

LEFT & RIGHT SAILOR STEPS, ½ UNWIND, HIP HUMPS

1&2 Cross left behind right, step right to right side, step left in place
3&4 Cross right behind left, step left to left side, step right in place
5-6-7-8 Touch left toe behind right, unwind ½ turn left, hip bump right, hip bump left

Facing 9:00

Option: during wall 3, (facing 3:00) add a hip roll to the right on word "hot"

REPEAT