

Move Ya Body

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jemmy L
音樂: Move Ya Body - Liberty X : (Album: X)



(Intro - 16 counts on heavy beat)

This album also has a few other great dances on it already; Loverz (Maggie G), Dirty Cash (Dee Musk) and X, which Neville Fitzgerald is choreographing to

Tap and point, and slow lock step, ¼ rock and cross, ½ cross side behind

1&2& Tap R next to L, Close R foot, Point L behind R and to R side, Close L.
3,4& Step R fwd, lock L behind R, Step R fwd.
5&6 Make ¼ R rocking L to L, Recover R, Cross L over.
7&8 Make ½ R crossing R over, Step L to L side, Cross R behind L.

Toe switches, and cross side heel, and cross anti-clockwise hip roll, L hip bump, L hip bump

1&2& Switch L to L, close L, Switch R to R, Close R.
3&4 Cross L over R, Step R to R, Dig L heel to Diagonal L.
&5,6& Step L to L, Cross R over L, Roll Hip anti-clockwise directional round.
7,8 Bump hips L, Bump Hips L (Quickly take weight onto R).

& cross, Rock and crosses, Rock recover triple turn

&1 Close L, Cross R over.
2&3 Rock L to L, Recover R, Cross L over R.
4&5 Rock R to R, Recover L, Cross R over L.
6& Rock L fwd, Recover R.
7&8& Make 1 ¼ turn L stepping L, R, L, cross R over L.

Side, back cross side, back cross, point close, Body wiggle

1,2& Step L to L, Step R back, cross L over.
3,4& Step R to R, Step L back, cross R over.
5,6 Point L to L, close L.
7,8 Wiggle body.

Restarts:

Dance the first 4 counts of the dance, but replace the slow lock step with 2 walks R, L

Do this at the beginning of the third wall and beginning of the eight wall both of which are facing the front.

Dance and move ya body.
