

MOVE YOUR BODY

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Eddie Ainsworth, Matthew Oakley & Matt Jenkins

Music: Move Your Body by Eiffel 65

SHOULDER POPS X3, SIDE SWITCHES SHOULDER POP, SIDE SWITCHES TWICE BODY ROLL

- 1-2** Standing shoulder width apart pop shoulders to right side, pop shoulders to left side
- 3&4** Pop shoulders to right side, step left foot next to right, step right foot to right side
- 5&6** Pop shoulders to right side, step left foot next to right, touch right foot to right side
- &7-8** Step right foot next to left, step left foot to left side, body roll left ending with weight on left

BODY ROLL, KICK ¼ TURN, ARM MOVEMENTS, ¼ TURN

- &9-10** Step right foot next to left, step left foot to left side, body roll left ending with weight on left
- 11&12** Kick right foot forward, step right foot ¼ turn right, step left foot to left side, ending with feet shoulder width apart
- 13-14** Push arms out to front left over right at wrist, roll arms in towards chest, right hand will be on top at chest, roll back out left wrist on top
- 15-16** Roll right hand around back of head stopping at side of right ear while pivoting ¼ turn right on balls of feet ending with weight on right

PIVOT, REVERSE PIVOT, ROCK STEP, TRIPLE TURN

- 17-18** Step left foot forward, pivot ½ turn right on ball of left foot
- 19-20** Touch right foot back, pivot ½ turn right on ball of left foot ending with weight on right foot
- 21-22** Rock forward on left foot, recover weight back on right foot
- 23&24** Triple turn ½ left - left, right, left

KICK AND POINT TRAVELING FORWARD TWICE, ¼ TURN RIGHT, COASTER STEP, STOMP

- 25&26** Kick right foot forward, step right foot forward, point left foot to left side
- 27&28** Kick left foot forward, step left foot forward, point right foot to right side
- 29** Pivot ¼ turn right on balls of feet ending with weight on left foot
- 30&31** Coaster step on right foot - right, left, right
- 32** Stomp left foot out to left side ending with feet shoulder width apart

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=31263