

# Move Your Body

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Penny Tan (Malaysia) August 2019

**Music:** Move Your Body by Sia ( Single Mix)

**Intro: 32 counts - NO TAG / 2 RESTART!**

**SEC1: WALK FWD R-L, R MAMBO FWD,STEP BACK, BACK LOCK STEP, STEP TOGETHER**

- 1-2 Walk fwd RF , walk fwd LF
- 3&4 Rock RF fwd ,recover on L , step RF back
- 5-6&7 Step LF back , step RF back , cross LF over RF , step RF back
- 8 Step LF next to RF

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**SEC2: R STEP SIDE , L STEP BEHIND WITH SWEEP, BEHIND ,1/4 L TURN FWD STEP ,FWD STEP , ROCK ,RECOVER ,COASTER STEP**

- 1-2 Step RF to R , step LF behind RF with sweeping RF from front to back
- 3&4 Step RF behind LF , 1/4 turn L ,step LF fwd ,step RF fwd (facing 9:00)
- 5-6 Rock LF fwd ,recover RF on R
- 7&8 Step LF back , step RF next to LF ,step Lf fwd on L

**SEC3: R STEP SIDE ,ROCK BACK , RECOVER , 1/4 TURN L SIDE STEP ,ROCK BACK , RECOVER, R SIDE CHASSE**

- 1-2-3 Step RF to R side, rock LF behind RF ,recover on R
- 4-5-6 1/4 turn R, step LF to L side , rock RF behind LF, recover on L (facing 12:00)**
- 7&8 Step RF to R , step LF next to RF , step RF to R

**SEC4: L ROCK BACK , RECOVER , L SIDE CHASSE, TOUCH , SIDE STEP , TOUCH , SIDE STEP**

- 1-2 Rock LF behind RF , recover on R
- 3&4 Step LF to L , step RF next to LF ,step LF to L
- 5-6 Touch RF beside LF , step RF to R
- 7-8 Touch LF beside RF ,step LF to L \*

**SEC5: 1/4 TURN R COASTER STEP ,STEP LOCK STEP ,PIVOT 1/2 TURN L ,PIVOT 1/4 TURN L**

**1&2 1/4 turn R ,step RF back , step LF beside RF, step RF fwd (facing 3:00)**

**3&4** Step LF fwd , lock RF behind LF , step LF fwd

**5-6** Step RF fwd,pivot 1/2 turn L (facing 9:00)

**7-8** Step RF fwd , pivot 1/4 turn L (facing 6:00)

**SEC6: STEP LOCK STEP , STEP LOCK STEP , RF FWD STEP ,1/4 TURN L ,L STEP SIDE , R CROSS SHUFFLE**

**1&2** Step RF fwd ,lock LF behind RF , step RF fwd

**3&4** Step LF fwd ,lock RF behind LF , step LF fwd

**5-6** Step RF fwd ,1/4 turn L ,step LF to L side

**7&8** Cross RF over LF ,step LF to L side, cross RF over LF (facing 3:00)

**SEC7: 1/4 TURN R STEP BACK L , STEP BACK R , L COASTER STEP , 1/4 TURN R FWD STEP ,TOUCH , 1/2 TURN L ,STEP LOCK STEP**

**1-2 1/4 turn R , step LF back , step RF back (facing 6:00)**

**3&4** Step LF back ,step RF beside LF , step LF fwd

**5-6 1/4 turn R , step RF fwd , touch LF behind RF (facing 9:00)**

**7&8 1/2 turn L ,step LF fwd ,lock RF behind LF , step LF fwd (facing 3:00)**

**SEC8: 1/4 TURN R FWD STEP , TOUCH ,1/2 TURN L ,STEP LOCK STEP, R STEP FWD ,1/2 TURN L ,STEP FWD ,WALK FWD R ,WALK FWD L**

**1-2 1/4 turn R ,step RF fwd , touch LF behind RF (facing 6:00)**

**3&4 1/2 turn L , step LF fwd , lock RF behind LF ,step LF fwd (facing 12:00)**

**5-6** Step RF fwd , 1/2 turn L , step LF fwd on L

**7-8** Walk fwd RF , walk fwd LF (facing 6:00)

**Restart :**

**\* During wall 3 , you will start the dance (facing 12:00 ) , dance to count 32 and restart (facing 12:00)**

**\*\*During wall 7 , you will start the dance ( facing 6:00) , dance to count 8 and restart (facing 6:00)**

**Happy Dancing**

**Contact: pennytanml@hotmail.com**

**Last Update - 5 Sept. 2019 - R2**