

# Let's Your Body

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**Count:** 176

**Wall:** 1

**Level:** Phrased Improver

**Choreographer:** Andre Adhitama Rizal (ULD DKI) Indonesia - May 2020

**Music:** Move Your Body by Beyonce

**Sequence: A B - A B - TAG - C A**

**Start Dance On Vocal (After 16 Counts)**

**A: 64 counts**

**A.I. TOUCH-TOGETHER-TOUCH-TOGETHER-KICK-TOGETHER-KICK-TOGETHER X2**

**1&2&** Touch L forward, Close L beside L, Touch R forward, Close R beside R

**3&4&** Kick L forward, Close L beside L, Kick R forward, Close R beside R

**5&6&** Touch L forward, Close L beside L, Touch R forward, Close R beside R

**7&8&** Kick L forward, Close L beside L, Kick R forward, Close R beside R

**A.II. MAMBO FORWARD-MAMBO BACK X2**

**1 & 2** Rock forward R, Recover on L, Step back on R

**3 & 4** Back rock L, Recover on R, Step R forward

**5 & 6** Rock forward R, Recover on L, Step back on R

**7 & 8** Back rock L, Recover on R, Step R forward

**A.III. REPEAT A.I**

**A.IV. KICK-HOOK-FORWARD X2-**

**BACK DIAGONAL-TOUCH X2**

**1 & 2. Kick L forward, Hook R, Step L forward**

**3 & 4. Kick R forward, Hook L, Step R forward**

**5678** Step back L diagonal, Touch R beside L with Clap, Step back R diagonal, Touch L beside R with Clap

**A.V. REPEAT A.I**

**A.VI. FORWARD-TOGETHER X4**

**1 & 2** Step L forward with bending of the knee, Recover on L, Close L beside L

**3 & 4. Step R forward with bending of the knee, Recover on R, Close R beside R**

**5 & 6** Step L forward with bending of the knee, Recover on L, Close L beside L

**7 & 8** Step R forward with bending of the knee, Recover on R, Close R beside R

### **A.VII. REPEAT A.I**

### **A.VIII. HIPBUMPS**

**1 & 2** Hip bumps L R R

**3 & 4** Hip bumps R L L

**5 & 7** Hip bumps L R R

**7 & 8** Hip bumps R L L

### **B: 48 counts**

#### **B.I. SIDE-TOGETHER-SIDE-TOUCH-SIDE-TOGETHER-SIDE-TOUCH**

**1234** Step L to side, Close R beside R, Step L to side, Touch R beside R

**5678** Step R to side, Close L beside L, Step R to side, Touch L beside L

#### **B.II. HOLD-SIDE-TOGETHER-SIDE-TOUCH**

**1234** Hold or Pose

**5678** Step R to side, Close L beside L, Step R to side, Touch L beside L

#### **B.III. SIDE-TOGETHER X3-SIDE-TOUCH-SIDE-TOGETHER X3-SIDE-TOUCH**

**1&2&** Step L to side, Close R beside R, Step L to side, Close R beside R

**3&4&** Step L to side, Close R beside R, Step L to side, Touch R beside R

**5&6&** Step R to side, Close L beside L, Step R to side, Close L beside L

**7 & 8** Step R to side, Close L beside L, Step R to side

#### **B.IV. JAZZBOX X2**

**1234** Cross L over L, Step R back, Step L to side, Step R forward

**5678** Cross L over L, Step R back, Step L to side, Step R forward

#### **B.V. REPEAT B.III**

#### **B.VI. REPEAT B.IV (JAZZBOX X2)**

## **C: 64 counts**

### **C.I. V STEP**

**1234** Step L forward diagonal, Step R forward diagonal, Step L back to center, Step R back to center,

**5678** Step L forward diagonal, Step R forward diagonal, Step L back to center, Step R back to center

### **C.II. TURN 1/4 RIGHT (03.00)-REPEAT C.I**

### **C.III. TURN 1/4 RIGHT (06.00)-REPEAT C.I**

### **C.IV. TURN 1/4 RIGHT (09.00)-REPEAT C.I**

### **C.V. RUN-HITCH-POINT SIDE**

**1&2&** Run RLRL

#### **3 & 4. Run RLR**

**5&6&** Turn 1/4 left Point touch R to side (12.00), Hitch L, Point touch R to side, Hitch L

**7 & 8** Point touch R to side, Hitch L, Point touch R to side

### **C.VI. RUN-HITCH-POINT SIDE**

**1&2&** Turn 1/4 left (3.00) Run LRLR

#### **3 & 4. Run LRL**

**5&6&** Turn 1/4 right (12.00) Point touch L to side (12.00), Hitch R, Point touch L to side, Hitch R

**7 & 8** Point touch L to side, Hitch R, Point touch L to side

### **C..VII. REPEAT C.V**

### **C. VIII. REPEAT C.VI**

### **TAG : Step In place**

**1&2&3&4. L R L R L R R**

**&5&6&7&8 R L R L R L R R**

### **Enjoy Your Dance**

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