

Move Your Body

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Adrian Lefebour , March 2017, Version 1

Music: Sia - Move Your Body. Album: This Is Acting (iTunes) 4.07 | 128 bpm

Notes: 16 count intro from the start of the song. Start on the lyrics

S1: Across, Touch, Cross Samba, Sailor, 3/4 Unwind

- 1,2** Step L across R, Touch R toe to R side
- 3&4** Step R across L, Step L to L side, Step R in place
- 5&6** Step L behind R, Step R to R side, Step L in place
- 7,8** Touch R toe behind L, Unwind 3/4 Turn R keeping weight on R (9.00)

S2: Side Shuffle, Across, Replace, Side, Across, Replace, Side

- 1&2** Step L to L side, Step R together, Step L to L side
- 3,4,5** Step R fwd/across L, Replace weight back on L, Step R to R side
- 6,7,8** Step L fwd/across R, Replace weight back on R, Step L to L side

S3: Cross Samba, Across, 1/4 Turn, Coaster Step, Shuffle Fwd

- 1&2** Step R across L, Step L to L side, Step R in place
- 3,4** Step L across R, 1/4 L step R back (6.00)
- 5&6** Step L back, Step R together, Step L fwd
- 7&8** Step R fwd, Step L together, Step R fwd

S4: Full Turn L Touch, 3/4 Turn, 1/4 Side Shuffle (RESTART)

- 1,2 1/4 Turn L step L fwd, 1/2 Turn L step R back (9.00)**
- 3,4 1/4 Turn L step L to L side, Touch R toe to R side (6.00)**
- 5,6 1/4 Turn R step R fwd, 1/2 Turn R step L back (3.00)**
- 7&8 1/4 Turn R step R to R side, Step L together, Step R to R side (6.00)**

S5: Step Fwd, Sweep, Across, Step Back, Step Back, Replace, Kick, Together, Touch

- 1,2** Step L fwd, Sweep R fwd around

- 3,4 Step R across L, Step L back
5,6 Step R back, Replace weight fwd on L
7&8 Low kick R fwd, Step R together, Touch L toe to L side

S6: 1/4 Turn Twist, Step, Coaster Step, Rocking Chair

- 1,2 Twist 1/4 L on balls of both feet, Step R heel down (3.00)
3&4 Step L back, Step R together, Step L fwd
5,6 Step R fwd, Replace weight back on L
7,8 Step R back, Replace weight fwd on L

S7: Side, Behind, Side, Together, 1/4 Turn, 1/2 Paddle Turn, Cross Shuffle

- 1,2 Step R to R side, Step L behind R
3&4 Step R to R side, Step L together, 1/4 Turn R step R fwd (6.00)
5,6 Step L fwd, 1/4 Paddle Turn R (9.00)
7&8 Step L across R, Step R to R side, Step L across R

S8: Touch, Ball, Cross, Step Side, Replace, Cross Shuffle, 3/4 Turn

- 1&2 Touch R toe to R side, Step R together slightly back, Step L across R
3,4 Step R to R side, Replace weight on L
5&6 Step R across L, Step L to L side, Step R across L

7,8 1/4 Turn R step L back, 1/2 Turn R step R fwd (6.00)

START AGAIN

RESTART - During wall 3, dance to count 32 and start dance again facing the 6.00 wall.

TAG - End of wall 6 add the below steps:

- 1,2,3,4 - Step L fwd, Replace weight back on R, Stomp L to L side, Stomp R in place
5,6,7,8 - Shimmy for four counts

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