

Move Your Body

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Francien Sittrop

Music: Rock Your Body - The Phonkers (Radio Edit)

Intro: Start after 16 Counts on Vocals

[1 - 8] Rock Recover, Prissy Walks, Shuffle fwd, Kick Ball Step

- 1 - 2 Rock R back , Recover on L
- 3 - 4 Step R across L , Step L Across R
- 5 & 6 Step R fwd, Step L next to R, Step R fwd
- 7 & 8 Kick L fwd, Step L down, Step R fwd

[9-16] Hip Bump fwd x2 , Step fwd Touch , Step Back Touch

- 1 & 2 Step L fwd an bump hips L,R,L
- 3 & 4 Step R fwd and bump hips R,L,R
- 5 - 6 Step L fwd, Touch R next to L
- 7 - 8 Step R back, Touch L next to R

[17-24] ¼ Turn L Side Shuffle, Rock Recover, Taps R & L

1 & 2¼ L step L to L side, Step R next to L, Step L to L side (09.00)

- 3 - 4 Rock R back, Recover on L
- 5 & 6 Tap R fwd x2, Step R down
- 7 & 8 Tap L fwd, x2, Step L down

[25-32] Step fwd, Heel Swivel , Hitch, Shuffle back x2

- 1 - 2 Step R fwd, Swivel Both Heels R
- 3 - 4 Swivel Both Heels to Centre , Hitch R
- 5 & 6 Step R back , Step L next to R, Step R back
- 7 & 8 Step L back, Step R next to L , Step L back (09.00)

Start Again

****** Restart wall 12**

Count 1 - 2 : Rock R back, Recover on L

Add these counts 3 - 4 Touch R next to L, Hold

Start Again with count 1

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=85376