

MOVE YA BODY

LINEDANCE.COM

Count: 32

Wall: 2

Level: Intermediate level

Choreographer: Jemmy L

Music: Move ya body (Album - X) by Liberty X

(Intro - 16 counts on heavy beat) This album also has a few other great dances on it already; Loverz (Maggie G), Dirty Cash (Dee Musk) and X, which Neville Fitzgerald is choreographing to

Tap and point, and slow lock step, $\frac{1}{4}$ rock and cross, $\frac{1}{2}$ cross side behind

- 1&2&** Tap R next to L, Close R foot, Point L behind R and to R side, Close L.
- 3,4&** Step R fwd, lock L behind R, Step R fwd.
- 5&6** Make $\frac{1}{4}$ R rocking L to L, Recover R, Cross L over.
- 7&8** Make $\frac{1}{2}$ R crossing R over, Step L to L side, Cross R behind L.

Toe switches, and cross side heel, and cross anti-clockwise hip roll, L hip bump, L hip bump

- 1&2&** Switch L to L, close L, Switch R to R, Close R.
- 3&4** Cross L over R, Step R to R, Dig L heel to Diagonal L.
- &5,6&** Step L to L, Cross R over L, Roll Hip anti-clockwise directional round.
- 7,8** Bump hips L, Bump Hips L (Quickly take weight onto R).

& cross, Rock and crosses, Rock recover triple turn

- &1** Close L, Cross R over.
- 2&3** Rock L to L, Recover R, Cross L over R.
- 4&5** Rock R to R, Recover L, Cross R over L.
- 6&** Rock L fwd, Recover R.
- 7&8&** Make 1 $\frac{1}{4}$ turn L stepping L, R, L, cross R over L.

Side, back cross side, back cross, point close, Body wiggle

- 1,2&** Step L to L, Step R back, cross L over.
- 3,4&** Step R to R, Step L back, cross R over.
- 5,6** Point L to L, close L.

7,8 Wiggle body.

Restarts: Dance the first 4 counts of the dance, but replace the slow lock step with 2 walks R, L Do this at the beginning of the third wall and beginning of the eight wall both of which are facing the front. Dance and move ya body.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=71916