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Move That Body

Phrased, 4 wall, intermediate level

Choreographer: Yang Weicheng and Sobrielo Philip
Gene (The Young Guns Singapore) Aug 2004

Choreographed to: Move Your Body by Nina Sky

Intro/Count In: Start on first chours

Sequence: A, B (48 counts), A, B, A, A, B, B (16 counts), A, A, B until music ends

This dance is for everyone to remember to move their body gracefully as it's God's gift to all of us...

Part A (32 counts)

HIP ROLLS $\frac{1}{4}$, HIP BUMPS, HIP ROLLS $\frac{1}{4}$ FORWARD, FORWARD, BACK, BACK, HIP ROLLS $\frac{1}{4}$ TURN, HIP BUMPS, HIP ROLLS $\frac{1}{4}$ TURN, FORWARD, FORWARD, BACK, BACK

- 1&2 Touch right forward and do hip roll making 1/8 turn left (1&2)
3-4 Do another hip roll making 1/8 left (3-4)
5-8 Hip bumps R,L,R,L
9&10 Touch right forward and do hip roll making 1/8 turn left (1&2)
11-12 Do another hip roll making 1/8 left (3-4)
13-14 Step forward right (bend knee a little)(5), step left forward to left (bend knee a little)(6) (feet apart)
15-16 Step right back (7), step left back to left (8) (feet apart)
- 17-24 Repeat steps 1-8
25-32 Repeat steps 9-16

Part B (64 counts)

CROSS ROCK STEP, CROSS ROCK STEP, CROSS ROCK $\frac{1}{4}$, POINT POINT $\frac{1}{2}$ TURN

- 1&2 Cross rock right over left (1), replace weight onto left (&) step right to right (2)
3&4 Cross rock left over right (3) replace weight onto right (&) step left to left (4)
5&6 Cross rock right over (5), replace weight onto left (&) making $\frac{1}{4}$ turn right step right forward (6)
7-8 Point left to left making $\frac{1}{4}$ turn right (7), point left to left to left making $\frac{1}{4}$ turn right (8)

KICK STEP POINT, KICK STEP POINT, $\frac{1}{2}$ TURN POINT, $\frac{1}{2}$ TURN POINT

- 9&10 Kick left forward (1), Step left beside right (&), point right to right (2)
11&12 Kick right forward (3) Step right beside left (&) point left to left (4)
13-14 Making $\frac{1}{2}$ turn left step left forward (5), point right to right (6)
15-16 Making $\frac{1}{2}$ turn right step right forward (7) point left to left (8)

HIP BUMPS HITCH, HIP BUMPS HITCH, BACK HIP BUMP, BACK HIP BUMPS

- 17&18 Bump hip to left (1), bump hip right (&), bump hip to left at the same time hitch right (head look to left)
19&20 Bump hip to right (3), bump hip left (&), bump hip to right at the same time hitch left (head look right)
21&22 Step left back and bump hip left, right, left (5&6)
23&24 Step right back and bump hip right, left, right (7&8)

KNEE ROLLS MOVING BACKWARD (SLOW AND SEXY)

- 25-26 Touch left back and roll knee from right to left putting weight onto left (1-2)
27-28 Touch right back and roll knee from left to right putting weight onto right (3-4)
29-30 Touch left back and roll knee from right to left putting weight onto left (5-6)
31-32 Touch right back and roll knee from left to right putting weight onto right (7-8)

SIDE SHUFFLE ROCK RECOVER, SIDE SHUFFLE ROCK RECOVER

- 33&34 Step left to left (1), step right beside left (&), step left to left (2)
35-36 Rock right behind left (3), replace weight onto left (4)
37&38 Step right to right (5), step left beside right (&), step right to right (6)
39-40 Rock left behind right (7), replace weight onto right (8)

CROSS POINT, CROSS POINT, CROSS UNWIND $\frac{1}{2}$ TURN, STEP STEP

- 41-42 Cross left over right (1), point right to right (2)
43-44 Cross right over left (3), point left to left (4)
45-46 Cross left over right (5), unwind $\frac{1}{2}$ turn right (6) (weight on left)
47-48 Step right forward (7), step left forward to left (8) (feet apart)
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SAILOR STEP, BEHIND SIDE CROSS, SIDE SHUFFLE, ROCK BACK

- 49&50 Step right behind left (1), step left to left (&), step right to right (2)
51&52 Step left behind right (3), step right to right (&), cross left over right (4)
53&54 Step right to right (5), step left beside right (&), step right to right (6)
55-56 Rock left back of right (7), replace weight onto right (8)

SIDE ROCK CROSS, SIDE ROCK CROSS, ½ TURN STEP, POINT POINT ½ TURN

- 57&58 Rock left to left (1), replace weight onto right (&), cross left over right (2)
59&60 Rock right to right (3) replace weight onto left (&), cross right over left (4)
61&62 Step left forward (5), make ½ turn right transferring weight onto right (&), step left forward (6)
63-64 Making ¼ turn left point right to left (7), making another ¼ turn left point right to left (8)

Repeat

Phrase change:

After doing 48 counts on first B do part A

Doing the 4th B do until 16 counts which is pointing left to left, instead of pointing left to left you step left to left so that weight would be on left and then you will be able to do A