

Move Your Body

32 Count, 4 Wall, Improver

Choreographer: Francien Sittrop (NL) Dec 2011
Choreographed to: Rock Your Body by 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 & 2 ¼ 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 & Step L back, Step R next to L , Step L back (09.00)

****** 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