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Move Your Body

32 Count, 4 Wall, Intermediate

Choreographer: Anne Herd (AU) Mar 2017

Choreographed to: Move Your Body by Sia
(Alan Walker Remix)

Intro: Start On Lyrics 16 Counts In Weight On L - Dance Moves 1/4 CW

Section 1: Right And Left Side Rock, Behind Side Cross

1-2-3&4 Rock R to side, Recover to L, Cross R behind L, Step L to side, Cross R over L
5-6-7&8 Rock L to side, Recover to R, Cross L behind R, Step R to side, Cross L over R

Section 2: Side Together, Side Shuffle, Cross Rock, 1/4 Shuffle Fwd.

1-2-3&4 Step R to side, Step L beside R, Side shuffle R stepping RLR
5-6-7&8 Cross L over R, recover to R, Turn 1/4 L shuffle fwd. stepping LRL 9:00

Section 3: Syncopated Weave, Hip Sway

1-2&3-4 Step R to side. Step L behind R, Step R to side, Cross L over R, Step R to side
5&6-7-8 Cross L behind R, Step R to side, Cross L over R, Step R to side as you sway hips RL

Section 4: Side Rock, Cross Shuffle, 1/4 R, 1/4 R, Cross Shuffle

1-2-3&4 Rock R to side, Recover to L, Cross shuffle R over L stepping RLR
5-6-7&8 Turn 1/4 R stepping back on L, Turn 1/4 R stepping R to side, Cross shuffle L over R
stepping LRL [3:00]

Tags: There Is A 4 Count Tag At The End Of Walls 6 & 8. Add A Rocking Chair.
