



## Move Your Body

64 Count, 2 Wall, Intermediate  
Choreographer: Penny Tan (MY) Aug 2019  
Choreographed to: Move Your Body by Sia

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**Intro: 32 counts - NO TAG / 2 RESTART!**

**SEC1: WALK FWD R-L, R MAMBO FWD, STEP BACK, BACK LOCK STEP, STEP TOGETHER**

1-2 Walk fwd RF, walk fwd LF  
3&4 Rock RF fwd, recover on L, step RF back  
5-6&7 Step LF back, step RF back, cross LF over RF, step RF back  
8 Step LF next to RF

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**SEC2: R STEP SIDE, L STEP BEHIND WITH SWEEP, BEHIND, 1/4 L TURN FWD STEP, FWD STEP, ROCK, RECOVER, COASTER STEP**

1-2 Step RF to R, step LF behind RF with sweeping RF from front to back  
3&4 Step RF behind LF, 1/4 turn L, step LF fwd, step RF fwd (facing 9:00)  
5-6 Rock LF fwd, recover RF on R  
7&8 Step LF back, step RF next to LF, step LF fwd on L

**SEC3: R STEP SIDE, ROCK BACK, RECOVER, 1/4 TURN L SIDE STEP, ROCK BACK, RECOVER, R SIDE CHASSE**

1-2-3 Step RF to R side, rock LF behind RF, recover on R  
4-5-6 1/4 turn R, step LF to L side, rock RF behind LF, recover on L (facing 12:00)  
7&8 Step RF to R, step LF next to RF, step RF to R

**SEC4: L ROCK BACK, RECOVER, L SIDE CHASSE, TOUCH, SIDE STEP, TOUCH, SIDE STEP**

1-2 Rock LF behind RF, recover on R  
3&4 Step LF to L, step RF next to LF, step LF to L  
5-6 Touch RF beside LF, step RF to R  
7-8 Touch LF beside RF, step LF to L \*

**SEC5: 1/4 TURN R COASTER STEP, STEP LOCK STEP, PIVOT 1/2 TURN L, PIVOT 1/4 TURN L**

1&2 1/4 turn R, step RF back, step LF beside RF, step RF fwd (facing 3:00)  
3&4 Step LF fwd, lock RF behind LF, step LF fwd  
5-6 Step RF fwd, pivot 1/2 turn L (facing 9:00)  
7-8 Step RF fwd, pivot 1/4 turn L (facing 6:00)

**SEC6: STEP LOCK STEP, STEP LOCK STEP, RF FWD STEP, 1/4 TURN L, L STEP SIDE, R CROSS SHUFFLE**

1&2 Step RF fwd, lock LF behind RF, step RF fwd  
3&4 Step LF fwd, lock RF behind LF, step LF fwd  
5-6 Step RF fwd, 1/4 turn L, step LF to L side  
7&8 Cross RF over LF, step LF to L side, cross RF over LF (facing 3:00)

**SEC7: 1/4 TURN R STEP BACK L, STEP BACK R, L COASTER STEP, 1/4 TURN R FWD STEP, TOUCH, 1/2 TURN L, STEP LOCK STEP**

1-2 1/4 turn R, step LF back, step RF back (facing 6:00)  
3&4 Step LF back, step RF beside LF, step LF fwd  
5-6 1/4 turn R, step RF fwd, touch LF behind RF (facing 9:00)  
7&8 1/2 turn L, step LF fwd, lock RF behind LF, step LF fwd (facing 3:00)

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**SEC8: 1/4 TURN R FWD STEP, TOUCH, 1/2 TURN L, STEP LOCK STEP, R STEP FWD, 1/2 TURN L, STEP FWD, WALK FWD R, WALK FWD L**

1-2 1/4 turn R, step RF fwd, touch LF behind RF (facing 6:00)

3&4 1/2 turn L, step LF fwd, lock RF behind LF, step LF fwd (facing 12:00)

5-6 Step RF fwd, 1/2 turn L, step LF fwd on L

7-8 Walk fwd RF, walk fwd LF (facing 6:00)

**Restart :**

**\* During wall 3, you will start the dance (facing 12:00 ), dance to count 32 and restart (facing 12:00)**

**\*\*During wall 7, you will start the dance ( facing 6:00), dance to count 8 and restart (facing 6:00)**

**Happy Dancing**



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**\*charged at 10p per minute**

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