

Move Your Body

Count: 32

Wall: 4

Level: Improver

Choreographer: Francien Sittrop (NL)

Music: Rock Your Body - 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 & 8 Step L back, Step R next to L , Step L back (09.00)

Start Again

****** 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