

# Move Your Body

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: TJ Tett (IRE) - May 2017

Music: Move Your Body - Sia



## Section 1 - Weave Right, Rock Back, $\frac{1}{4}$ R, $\frac{1}{4}$ R

- 1,2&3,4 – Step R foot to R Side, Cross L Behind R, Step R to R Side, Cross L over R, Step R to R side
- 5,6 – Rock back on L, Recover on R
- 7,8 –  $\frac{1}{4}$  turn R Stepping back on L,  $\frac{1}{4}$  turn R Stepping R to R side

## Section 2 - Cross, Hold, & Behind $\frac{1}{4}$ , Pivot $\frac{1}{2}$ , Step L, $\frac{1}{2}$ turn stepping back on R.

- 1,2 – Cross L over R, Hold,
- &3,4 – Step R to R side, Cross L Behind R,  $\frac{1}{4}$  Turn R stepping Forward on R.
- 5,6 – Step Forward on L, Pivot  $\frac{1}{2}$  Turn Right (3:00)
- 7,8 – Step Forward on L,  $\frac{1}{2}$  turn L stepping back on R (9:00)

## Section 3 - Step L back, Drag R, Walk forward L, R, L Cross Side Rock, R Cross Side Rock (Travelling Forward)

- 1,2 – Step L foot Back, Drag R next to L
- &3,4 – Walk Forward L, R
- 5&6 – Cross L over R, Rock R to R side, Replace Weight onto L
- 7&8 – Cross R over L, Rock L to L side, Replace Weight onto R

## Section 4 - Cross, $\frac{1}{4}$ , Cross, Side, Rock Back, & Touch L, Touch R

- 1,2&3,4 – Cross L over R,  $\frac{1}{4}$  turn L stepping Back on R, Replace Weight onto L, Cross R over L, Step L to L side.
- 5,6 – Rock back on R, Recover on L
- &7 – Step R to R side, Touch L next to R
- &8 – Step L to L side, Touch R next to L

## Section 5 - Point R, Point L, R Heel, Touch L foot Forward, 2 Hip Bumps Forward & Back, Step L foot down, Sweep R over L

- 1&2&3&4 – Point R to R side, Step R foot Next to L, Point L to L side, Step L foot Next to R, R heel Forward, Step R foot next to L, Touch L foot Forward
- 5,6 – 2 Hips bumps, 1 forward, 1 Back
- 7,8 – Step L Foot Down, Sweep R Leg over L

## Section 6 - R Cross Back Side, L Cross Back Side, Rock Back on R, Walk forward R, L

- 1&2,3&4 – Cross R over L, Step L foot back, Step R to R side, Cross L over R, Step R foot Back, Step L to L side
- 5,6 – Rock back on R, Recover on L
- 7,8 – Walk forward R, L

## Section 7 - Pivot $\frac{1}{2}$ Turn, R Shuffle Forward, $\frac{3}{4}$ Turn, Left Cross Shuffle

- 1,2 – Step Forward on R, Pivot  $\frac{1}{2}$  left (12:00)
- 3&4 – Right Shuffle Forward
- 5,6 –  $\frac{1}{2}$  Turn stepping back on L,  $\frac{1}{4}$  Turn R Stepping R to R side (9:00)
- 7&8 – Cross L over R, Step R to R Side, Cross L over R

## Section 8 - Side Rock, Behind Side Cross, $\frac{3}{4}$ Turn, Left Shuffle Forward

- 1,2 – Rock R to R side, Recover on L
- 3&4 – Cross R behind L, Step L to L Side, Cross R over L
- 5,6 –  $\frac{1}{4}$  Turn R Stepping back on L,  $\frac{1}{2}$  Turn R Stepping Forward on R (6:00)

7&8 – Left Shuffle Forward

**Restart - Wall 3 & Wall 6 - After Section 4, Restart your Dance.**

**Tag - Wall 7 - After Section 4 - 8 Count Tag**

1,2 - Step Forward R, Pivot Turn Left,

3,4 - Step Forward R, Pivot Turn Left

&5&6 - Step R to R side, Touch L next to R, Step L to L side, Touch R next to L

7&8 - Right Kickball Cross

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