

Let's Your Body

Count: 176

Wall: 1

Level: Phrased Improver

Choreographer: Andre Adhitama Rizal (INA) - May 2020

Music: Move Your Body by Beyonce



Sequence: A B - A B - TAG - C A

Start Dance On Vocal (After 16 Counts)

A: 64 counts

A.1. TOUCH-TOGETHER-TOUCH-TOGETHER-KICK-TOGETHER-KICK-TOGETHER X2

1&2& Touch R forward, Close R beside L, Touch L forward, Close L beside R
3&4& Kick R forward, Close R beside L, Kick L forward, Close L beside R
5&6& Touch R forward, Close R beside L, Touch L forward, Close L beside R
7&8& Kick R forward, Close R beside L, Kick L forward, Close L beside R

A.II. MAMBO FORWARD-MAMBO BACK X2

1 & 2 Rock forward R, Recover on L, Step back on R
3 & 4 Back rock L, Recover on R, Step L forward
5 & 6 Rock forward R, Recover on L, Step back on R
7 & 8 Back rock L, Recover on R, Step L forward

A.III. REPEAT A.I

**A.IV. KICK-HOOK-FORWARD X2-
BACK DIAGONAL-TOUCH X2**

1 & 2. Kick R forward, Hook R, Step R forward
3 & 4. Kick L forward, Hook L, Step L forward
5 6 7 8 Step back R diagonal, Touch L beside R with Clap, Step back L diagonal, Touch R beside L with Clap

A.V. REPEAT A.I

A.VI. FORWARD-TOGETHER X4

1 & 2 Step R forward with bending of the knee, Recover on L, Close R beside L
3 & 4. Step L forward with bending of the knee, Recover on R, Close L beside R
5 & 6 Step R forward with bending of the knee, Recover on L, Close R beside L
7 & 8 Step L forward with bending of the knee, Recover on R, Close L beside R

A.VII. REPEAT A.I

A.VIII. HIPBUMPS

1 & 2 Hip bumps R L R
3 & 4 Hip bumps L R L
5 & 7 Hip bumps R L R
7 & 8 Hip bumps L R L

B: 48 counts

B.I. SIDE-TOGETHER-SIDE-TOUCH-SIDE-TOGETHER-SIDE-TOUCH

1 2 3 4 Step R to side, Close L beside R, Step R to side, Touch L beside R
5 6 7 8 Step L to side, Close R beside L, Step L to side, Touch R beside L

B.II. HOLD-SIDE-TOGETHER-SIDE-TOUCH

1 2 3 4 Hold or Pose

5678 Step L to side, Close R beside L, Step L to side, Touch R beside L

B.III. SIDE-TOGETHER X3-SIDE-TOUCH-SIDE-TOGETHER X3-SIDE-TOUCH

1&2& Step R to side, Close L beside R, Step R to side, Close L beside R
3&4& Step R to side, Close L beside R, Step R to side, Touch L beside R
5&6& Step L to side, Close R beside L, Step L to side, Close R beside L
7 & 8 Step L to side, Close R beside L, Step L to side

B.IV. JAZZBOX X2

1234 Cross R over L, Step L back, Step R to side, Step L forward
5678 Cross R over L, Step L back, Step R to side, Step L forward

B.V. REPEAT B.III

B.VI. REPEAT B.IV (JAZZBOX X2)

C: 64 counts

C.I. V STEP

1234 Step R forward diagonal, Step L forward diagonal, Step R back to center, Step L back to center,
5678 Step R forward diagonal, Step L forward diagonal, Step R back to center, Step L back to center

C.II. TURN 1/4 RIGHT (03.00)-REPEAT C.I

C.III. TURN 1/4 RIGHT (06.00)-REPEAT C.I

C.IV. TURN 1/4 RIGHT (09.00)-REPEAT C.I

C.V. RUN-HITCH-POINT SIDE

1&2& Run RLRL
3 & 4. Run RLR
5&6& Turn 1/4 right Point touch L to side (12.00), Hitch L, Point touch L to side, Hitch L
7 & 8 Point touch L to side, Hitch L, Point touch L to side

C.VI. RUN-HITCH-POINT SIDE

1&2& Turn 1/4 right (3.00) Run LRLR
3 & 4. Run LRL
5&6& Turn 1/4 left (12.00) Point touch R to side (12.00), Hitch R, Point touch R to side, Hitch R
7 & 8 Point touch R to side, Hitch R, Point touch R to side

C..VII. REPEAT C.V

C. VIII. REPEAT C.VI

TAG : Step In place

1&2&3&4. R L R L R L R
&5&6&7&8 L R L R L R L R

Enjoy Your Dance

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