

Move Ya Body

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Jemmy L

Music: Move Ya Body - Liberty X : (Album: X)



(Intro - 16 counts on heavy beat)

This album also has a few other great dances on it already; Loverz (Maggie G), Dirty Cash (Dee Musk) and X, which Neville Fitzgerald is choreographing to

Tap and point, and slow lock step, ¼ rock and cross, ½ cross side behind

- 1&2& Tap R next to L, Close R foot, Point L behind R and to R side, Close L.
- 3,4& Step R fwd, lock L behind R, Step R fwd.
- 5&6 Make ¼ R rocking L to L, Recover R, Cross L over.
- 7&8 Make ½ R crossing R over, Step L to L side, Cross R behind L.

Toe switches, and cross side heel, and cross anti-clockwise hip roll, L hip bump, L hip bump

- 1&2& Switch L to L, close L, Switch R to R, Close R.
- 3&4 Cross L over R, Step R to R, Dig L heel to Diagonal L.
- &5,6& Step L to L, Cross R over L, Roll Hip anti-clockwise directional round.
- 7,8 Bump hips L, Bump Hips L (Quickly take weight onto R).

& cross, Rock and crosses, Rock recover triple turn

- &1 Close L, Cross R over.
- 2&3 Rock L to L, Recover R, Cross L over R.
- 4&5 Rock R to R, Recover L, Cross R over L.
- 6& Rock L fwd, Recover R.
- 7&8& Make 1 ¼ turn L stepping L, R, L, cross R over L.

Side, back cross side, back cross, point close, Body wiggle

- 1,2& Step L to L, Step R back, cross L over.
- 3,4& Step R to R, Step L back, cross R over.
- 5,6 Point L to L, close L.
- 7,8 Wiggle body.

Restarts:

Dance the first 4 counts of the dance, but replace the slow lock step with 2 walks R, L

Do this at the beginning of the third wall and beginning of the eight wall both of which are facing the front.

Dance and move ya body.
