

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hanna Pitkanen (FIN) - February 2025
音樂: Move Your Body (Alan Walker Remix) - Sia



2 Restarts on walls 7 (6.00) and 10 (12.00) after 4 counts

Start the dance after a 16 count intro

[1-8]: Step, pivot ½, step, pivot ½, kick, ball, point, cross, back

1,2 Step RF forward (1), pivot ½ turn left transferring weight to LF (2) 6.00
3,4 Step RF forward (3), pivot ½ turn left transferring weight to LF (4) 12.00

***Restart here on walls 7 & 10**

5&6 Kick RF forward (5), step RF next to LF (&), point LF to diagonal fwd left (6)
7,8 Cross LF over RF (7), step back RF (8)

[9-16]: Cross kick, point, body roll, rock, recover, step, ¼ turn, point

1,2 Step LF to side (1), kick RF across LF (2)
3,4 Point RF to side (3), body roll transfer weight to RF (4)
5,6 Rock to side on LF (5), recover weight to RF (6)
7,8 ¼ turn left Step LF fwd (7), point RF to side (8) 9.00

[17-24] Step, sweep, step, flick, step, kick, step flick, fwd point, side point, cross, ¼ turn

1 Step RF forward sweeping LF from back to front (1)
2,3 Step LF forward flicking RF back (2), step down RF kicking LF forward (3)
4 Step down LF flicking RF back (4), point RF forward (5), point RF side (6)
7,8 Step RF over LF (7), ¼ turn right stepping back LF (8) 12.00

[24-32] ¼ turn, rock, sweep, behind, ¼ turn, paddle ¼ turn x 2, ¼ turn

1,2 ¼ turn right stepping RF forward (1), rock LF forward (2) 3.00
3,4 Recover weight to RF sweeping LF from front to back (3), step LF behind RF (4)
5,6 ¼ turn right stepping RF fwd (5), ¼ turn right as you touch LF to side (6) 9.00
7,8 ¼ turn right as you touch LF to side (7), ¼ turn right stepping LF fwd (8) 3.00

Start again

Have fun dancing!
hanna.pitkanen4@gmail.com

Last Update: 1 Feb 2025