

MOVE YOUR BODY (Single Mix)

Level: Easy Intermediate

Genre: Pop

Artist: Sia

Choreo: Peter Wee

Speed: 100%

Length: 4.12

Sequence: Intro, A B C A B C D B C*

Wait: 16 Beats

Quick Cues

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Intro (16 beats)

2 2 Heel Beat (Lft) (Ang L)
2 2 Heel Beat (Rft) (Ang R)
4 2 Sway
8 REPEAT

Part A (64 beats)

4 2 Rocking Basic
4 2 Twist (L & R)
4 Stomp Double (1/4 L)
4 Triple (Rft)
48 REPEAT 3 TIMES

Part B (64 beats)

8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
2 2 Heel Beat (Lft)
2 2 Heel Beat (Rft)
8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
4 2 Sway
32 REPEAT

Part C (32 beats)

4 2 Rock Pull
4 Rocker (1/4 R)
24 REPEAT 3 TIMES

Part A (64 beats)

4 2 Rocking Basic
4 2 Twist (L & R)
4 Stomp Double (1/4 L)
4 Triple (Rft)
48 REPEAT 3 TIMES

Part B (64 beats)

8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
2 2 Heel Beat (Lft)
2 2 Heel Beat (Rft)
8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
4 2 Sway
32 REPEAT

Part C (32 beats)

4 2 Rock Pull
4 Rocker (1/4 R)
16 REPEAT 3 TIMES

Part D (40 beats)

8 Slow Jazz Box
8 2 Jazz & Rock (L & R)
8 Slow Jazz Box
4 Boogie Touch (L)
4 Boogie Step (R)
4 2 Slow Toe Heel (R & L)
4 Run Seven

Part B (64 beats)

8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
2 2 Heel Beat (L)
2 2 Heel Beat (R)
8 Samantha (3/4 R)
4 2 Basic (Ang L & R)
4 2 Sway
32 REPEAT

Part C* (64 beats)

4 2 Rock Pull
4 Rocker
2 Basic (1/4 R) (Arms)
2 Basic (Arms)
4 2 Sway
48 REPEAT 3 TIMES



Step Definitions - Move Your Body (Single Mix)

HEEL BEAT:

(P) TAPH
L
& 1

ROCKING BASIC:

DS R(XIB) S
L R L
&1 & 2

SWAY: (* DENOTES FOOT REMAINS ON FLOOR THROUGHOUT STEP)

(P) S*(OTS HIP L)/BA*(LIFT H) (P) BA(LIFT H)/H(HIP R)
L /R L /R
& 1 & 2

TWIST: (In this dance, lift the Rft when starting with the Lft)

DT [BA/BA] (H'S L) [BA/BA] (H'S R) LIFT/SL
L L /R L /R L /R
& 1 & 2

STOMP DOUBLE: (In this dance, turn 1/4L on beat 1)

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

SAMANTHA: (In this dance, turn on beats 3-5)

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

BASIC: (In this dance Angle L then R or 1/4R)

DS RS
L RL
&1 &2

ROCK PULL:

R S (DIAG) PULL-S (BS)
L R L L
& 1 & 2

ROCKER: (In this dance, turn 1/4L on &1)

RS DS DS RS
LR L R LR
&1 &2 &3 &4

SLOW JAZZ BOX:

(P) BA(OTS) (P) H (P) BA(XIF) (P) H (P) BA(XIB) (P) H (P) BA(BS) (P) H(BK)
L L R R L R L R L R
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

JAZZ & ROCK:

T-H(OTS) T-H(XIF) T-H(BS) RS
L L R R L L RL
& 1 & 2 & 3 &4

BOOGIE TOUCH:

(P) S(OTS) (P) S(BS) (P) S(OTS) (P) TT(XIB)
L R L R
& 1 & 2 & 3 & 4

BOOGIE STEP:

(P) S(OTS) (P) S(BS) (P) S(OTS) (P) S(BS)
R L R L
& 1 & 2 & 3 & 4

SLOW TOE HEEL:

(P) BA (P) H
L L
& 1 & 2

RUN SEVEN: (In this dance, the last BA can be S)

(P) BA BA BA BA BA BA BA (CAN BE DONE ON THE SPOT OR FORWARD & BACK)
R L R L R L R
& 1 & 2 & 3 & 4

Arm Movements.

SWAY: Swing arms waist height with hipsway

ROCKING BASIC: Circle arms and point R for Lft & L for Rft.

BASIC (Part B) Angle and Clap

BASIC (Part C*) First Basic, extend right arm and sweep to the Right, Second Basic turning 1/4R, raise both arms and swing both arms out to the sides. (like breast stroke)