

Get UR Body

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BY STEPHEN

Count: 192

Wand: 1

Ebene: Phrased Intermediate /
Advanced



Choreograf/in: Andrico Yusran (INA) - January 2020

Musik: Take Me Home (feat. Nevve) - Aero Chord

Phrased : A (64) , B (48) , C (64) , D (16)

Sequences : A , B , A , C , A , D

Start on Lyrics after 16 counts♥

Section A - 64 counts

A1# V STEP SYNCOPATED - SIDE KICK - HITCH - CLOSE - KNEE POP - SIDE KICK - CROSS BEHIND - SIDE - CROSS

- 1&2& Step R forward diagonal with Heel & hand up , L forward diagonal with Heel & hand up , R back to centre with hand close beside hip , L close beside R wih hand close beside hip
- 3&4 R side kick heel , R knee Up , R close beside L
- 5&6 Both Knee move L - R and follow the shoulders , L side kick heel
- 7&8 L cross behind R , R side , L cross over R (diagonal 1.30)

A2# HIPS POP - BACK DIAGONAL (HITCH) - CROSSS BEHIND - SIDE - CROSS - HITCH 1/2 TURN

- 1&2&3& Doing hips out in out in out in with hand both open (diagonal)
- 4 L back diagonal with R knee up
- 5&6 R cross behind L , L to side , R cross over L (weight On L)
- 7&8 R knee up 1/4 turn to R with bit jump , R , R knee up 1/4 turn to R with bit jump , R side

A3# CROSS - SIDE - CROSS - SIDE - CROSS - BACK UNWIND 3/4 TURN - CROSS - SIDE - CROSS

- 1&2& R cross over L with R shoulder Up , L shoulder up , L side with R shoulder up , L shouder Up
- 3&4 R cross over L with R shoulder Up , L shoulder up , L side with R shoulder up (3.00)
- 5-6 L cross behind R , Making 3/4 Turn to R (12.00)
- 7&8 R cross behind L , L side , R cross over L

A4# UNWIND FULL TURN SLOW - SYNCOPATED STEP

- 1-4 Making full turn to L to slow (12.00)
- 5&6 R to side , L in place , R cross over L
- &7&8 L side, R in place , L cross over R , R side touch with L bent knee

A5# CLOSE SLIGHTLY - BACK - BACK - SWIVEL - HITCH - SIDE

- 1-4 R close touch slightly beside L (head up)
- 5-6 R - L back
- &-7 R-L both heel out - in
- &-8 R knee up , R drop side

A6# SWIVEL (R-L) - HITCH - DROP - HITCH - BALL CROSS - SNAP - FULL TURN - JUMP OUT - IN

- 1&2& R heel up out , R heel drop in place , L heel up out , L heel drop in place
- 3&4 R knee up , R drop to side , L knee up
- &-5-6 L close beside R , R cross over L , snap fingers
- 7&8 Making ful turn to L (12 .00) , R-L both jump out , R-L both jump close to centre

A7# SIDE - HITCH - SIDE - HITCH (WITH RIGHT HAND UP POPS)

- 1-4 L side , R knee up , R drop side , L knee up
- 5-8 L side , R knee up , R drop side , L knee up

A8# CLOSE - CROSS SAMBA SYNCOPATED - SIDE TOUCH - CLOSE - SIDE TOUCH - CROSS BEHIND - SIDE - FORWARD

&-1 L close beside R , R cross over L
&2&3 L to side , R cross over L , L side , R cross over L
&-4 L side , R cross over L
5&6 L to side touch , L close beside R , L side touch
7&8 L cross behind R , R side , L forward

***Section B* - 48 counts**

B1# PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - CLOSE - PUSH FORWARD DIAGONAL - SYNCOPATED STEP

1&2& R push forward diagonal , R close beside L , R push forward diagonal , R close beside L
3&4 L push forward diagonal , L close beside R , L push forward diagonal
5&6& R cross over L , L back , R side , L cross over R
7&8 R side , L in place , R cross over L

B2# SIDE DRAG - COASTER STEP - PIVOT 1/4 - SIDE MAMBO FORWARD (SYNCOPATED) - KICK SWING 3/4 TURN - DROP - CLOSE

1-2&3 R slightly to side , R back , L close beside R , R forward
&4&5 L forward 1/4 turn to R , R in place ,L cross over R , R side
&-6 L in place , R push forward (weight on L)
7&8. R kick swing 3/4 turn to R , R drop , L close beside R (12.00)

B3# SIDE TOUCH - CLOSE - SIDE DRAG - CROSS BACK DIAGONAL - BACK - BACK (HITCH) - DROP - HITCH - DROP - 1/4 TURN - PIVOT 1/2 - CLOSE

1&2 R side touch , R close beside L , R slightly to side
3&4. L back diagonal , R back , L back diagonal with R knee up
5&6. R drop diagonal , L close beside R with R knee up , R drop diagonal
7&8 L 1/4 turn to L (6.00) , R forward 1/2 turn to L , L drop beside R (with both claps up)

B4# STOMP DIAGONAL - SWIVEL - CLOSE (R - L)

1-2&3 R stomp forward diagonal - R heel up out - in - out
4 R close beside L
5-6&7 L stomp forward diagonal - L heel up out - in - out
8 L close beside R

B5# BACK SWEEP R - L - R - HIPS POP

1-4 R back sweep , R back in place , L back sweep , L back in place
5-6 R back sweep , R back in place
7&8 Making Hips back - forward - back (weight on R)

B6# BALL FORWARD - WALK - HOLD - WALK - UNWIND FULL TURN SLOW

&-1-2 L close beside , R forward , HOLD
3-4 L forward , HOLD
5-8 R cross over L - Making full turn to L (12.00)

***Section C* - 64 counts**

C1# BACK FLICK - SIDE - BACK FLICK - SIDE (R - L)

&1&2 R heel up cross behind L , R side , L heel up cross behind R , L side
&3&4 R heel up cross behind L , R side , R heel up cross behind L , R side
&5&6 L heel up cross behind R , L side , R heel up cross behind L , R side
&7&8 L heel up cross behind R , L side , L heel up cross behind R , L side

C2# CROSS SAMBA SYNCOPATED - SIDE - HOLD - CROSS - HOLD

1&2& R cross over L , L side , R cross over L , L side
3&4 R cross over L , L side , R cross over L

5-8 L side , HOLD , R cross over L , HOLD

C3# SWEEP FORWARD - SIDE - CROSS BEHIND - SIDE - 1/4 TURN - RECOVER - BACK (SWEEP) - CROSS BEHIND - SIDE - PUSH FORWARD - RECOVER - BACK - BACK (HITCH)

1&2& L sweep forward cross over R , R side , L cross behind R , R side
3&4 L 1/4 turn to R , R recover , L back with R sweep back
5&6 R cross behind L , L side , R push forward
7&8 L recover , R back , L back with R knee Up

C4# COASTER STEP - CROSS SAMBA SYNCOPATED 1/4 - SIDE TOUCH - CLOSE TOUCH - HITCH

1&2 R back , L close beside R , R forward
3&4& L cross over R 1/4 to L , R side , L cross over R , R side
5&6. L cross over R , R side , L cross over R
7&8 R side touch , R close touch beside L , R knee up

C5# BACK - 1/2 TURN - PIVOT 1/2 - SAILOR - CROSS - VOLTA 1/2 TURN

1&2 R back , L 1/2 turn to L , R forward 1/2 turn to L (12.00)
3&4 L cross behind R , R side , L side
5 R cross over L
6&7&8 L 1/4 turn to L , R lock behind L , L forward 1/4 turn to L , R lock behind L , L 1/4 turn to L (3.00)

C6# SCUFF - HITCH - DROP - KNEE POP - BACK TOUCH - 1/2 TURN - 1/4 TURN

1&2 R scuff with heel - R knee up - R drop with L bent knee heel up
3&4. R bent knee heel up , L bent knee heel up , R bent knee heel up (weight On L)
5-6 R back touch , making 1/2 turn to R (weight on R)
7-8 L forward 1/4 turn to R , R in place

C7# CROSS - SIDE - CROSS BACK DIAGONAL - KICK BALL SIDE - BODY WAVE - CLOSE - BACK - BALL FORWARD - FORWARD

1&2 L cross over R , R side , L back diagonal (10.30)
3&4 R kick diagonal , R back , L side
5&6 Making body wave , L close beside R , R side
&-7-8 L close beside , R forward , L forward (9.00)

C8# FLICK - SIDE - FLICK - SIDE - MAKING CLAP HAND - SLAP HAND - PIVOT 1/2 - 1/4 TURN

&1&2 R heel up , R side , L heel up , L side
3&4 Making double clap hand , slap hand both to hips
5-6 R forward 1/2 turn to L , L in place
7&8 R forward 1/4 turn to L , L in place , R close touch beside L

***Section D* - 16 counts**

D1# FORWARD HEEL DIAGONAL - CLOSE - FORWARD HEEL DIAGONAL - CLOSE (R - L) - KICK BALL CHANGE

1&2& R forward heel diagonal , R close beside L , L forward heel diagonal , L close beside R
3&4& R forward heel diagonal , R close beside L , R forward heel diagonal , R close beside L
5&6& L forward heel diagonal , L close beside R , R forward heel diagonal , R close beside L
7&8 L kick forward , L close beside R , R tap in place beside L

D2# BODY WAVE - JUMP OUT - FLICK - SIDE - FLICK - SIDE - CROSS BEHIND TOUCH - SIDE TOUCH - CLOSE TOUCH - SIDE - CROSS BEHIND TOUCH

1-2 Making body wave - Jump Out R-L.
3&4&5 R heel up over L , R side , L heel up over R , L side , R cross touch behind L (weight on L)
6&7-8 R side touch , R close touch beside L , R side , L cross touch behind R (weight on R)

Enjoy The Dance

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