

Body Ya

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Mark Paulino (USA) - August 2022

Musik: September - Earth, Wind & Fire



Starts: 40 counts

[1 – 8] SLIDE X2, SIDE MAMBO STEP X2

- 1 2 Side step R as you drag L besides R
- 3 4 Side step L as you drag R besides L
- 5&6 R side rock, recover on L, step R besides L
- 7&8 L side rock, recover on R, step L besides R

[9 – 16] SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH X4

- &1 2 R side hop step, L toe touch besides R, hold
- &3 4 L side hop step, R toe touch besides L, hold
- &5&6 R side hop step, L toe touch besides R, L side hop step, R toe touch besides L
- &7&8 R side hop step, L toe touch besides R, L side hop step, R toe touch besides L

EZ Option: Change the last 4 counts to R side step while hips sway R(5), hips sway L(6), hips sway R(7), hips sway L(8)

FLAIR: Flail both arms up towards the direction you are hopping/swaying, I highly recommend!

[17 – 24] VINE R CLAP, VINE L WITH ¼ TURN L CLAP

- 1 2 R side step, L cross behind R
- 3 4 R side step, L toe touch besides R and clap
- 5 6 L side step, R cross behind L
- 7 8 ¼ turn L with L stepping forward, R toe touch besides L and clap 9:00

FLAIR: Rolling vine towards the L for the last 4 counts: ¼ turn L with L stepping forward, ½ turn L with R stepping back, ½ turn L with L stepping back, toe touch R besides L and clap

[25 – 32] SIDE STEP SHIMMY, TOE TOUCH, HOLD, SIDE STEP SHIMMY, TOE TOUCH, HOLD

- 1 2 R side step and shimmy your shoulders
- 3 4 L toe touch besides R, hold
- 5 6 L side step and shimmy your shoulders
- 7 8 R toe touch besides L, hold

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