

# Body Double (P)

Count: 36

Wand: 4

Ebene: Advanced partner dance

Choreograf/in: Andie Ghidiu (USA)

Musik: Been There - Clint Black & Steve Wariner



**Position: Partners facing 1/4 right of front, the lady about one step behind the man with right palm resting on mans back, both have right toe touched forward and right knee bent**

## **BODY ROLL, PIVOT-THEN-SPIN, 2 RIB SHIFTS, ROCK-RECOVER-CROSS**

- 1-2-3&4 Two-count body roll, pivot  $\frac{1}{4}$  left to face front (lady drops hand), spin a full turn right on right foot, step down on left to end feet apart
- 5-6-7&8 Rib cage left, then right, rock weight slightly to left foot, push off to end weight on right, cross left just in front of right

## **SCUFF-HITCH-STEP, SCUFF-HITCH-TURN, 2 RIB SHIFTS, CIRCLE AROUND**

- 1&2 Scuff right foot forward, slight hitch, step right foot in front of left (body will angle left)
- 3&4 Scuff left foot forward hitching slightly, turn  $\frac{3}{4}$  right on right foot, step down to end feet apart

**Man is now behind lady**

- 5-6 **MAN:** Lean left, lean right  
**LADY:** Lean right, lean left
- 7&8 **MAN:** Circle body from right, to standing, to left, to center  
**LADY:** Circle body from left side, to low center, to right side, to standing

**Option: circle in opposite directions**

## **TURN-STEP, STEP, SAILOR SHUFFLE, LUNGE-RECOVER, STEP-PIVOT-STEP**

- & Both pivot  $\frac{1}{4}$  left on left
- 1 **MAN:** With right hand behind lady's back at her waist steps side right on right in front of lady's left  
**LADY:** Step a little forward and side right on right
- 2 **MAN:** Step side left on left  
**LADY:** Step side left on left in front of man's right
- &3&4 Both step right behind left, step left to left side, return right to center
- On final step, man should slide his right foot in next to lady's left. Lady should end close to man**
- 5 **MAN:** Lunge left with left foot bringing lady's weight with him  
**LADY:** Bend right knee and lean left side against man
- 6 Both return to standing position

**Man will slide left in next to right**

- 7&8 **MAN:** Step forward on right, pivot  $\frac{1}{2}$  left, step forward on right  
**LADY:** Step forward left, pivot  $\frac{1}{2}$  right, step forward on left

**Partners now side by side but not touching**

## **STEP, PIVOT, PIVOT, LOOK, RECOVER, PIVOT, POSE, FACE**

- 1-2 **MAN:** Step forward left, pivot  $\frac{1}{4}$  left on left and step side right with right  
**LADY:** Step forward right, pivot  $\frac{1}{4}$  right on right and step side left on left
- 3-4 **MAN:** Pivot  $\frac{1}{2}$  left on right and step side left on left, shift weight to lean right and looks over left shoulder at partner  
**LADY:** Pivot  $\frac{1}{2}$  right on left and step side right on right, shift weight to lean right and look over left shoulder
- 5-6 **MAN:** Face forward again, pivot  $\frac{1}{2}$  right on right and step side left with left  
**LADY:** Face forward again, pivot  $\frac{1}{2}$  left on left and touch side right with right
- 7-8 **MAN:** In closed position, shift weight to left turning lady  $\frac{1}{4}$  right into pose

**LADY:** Turn  $\frac{1}{4}$  right bending right knee so that right toe is pointed toward floor and rests along left calf

8 Man shifts to center returning lady to closed

### **TURN, TURN, TURN-AND-TOUCH**

**In closed position and turning as one unit**

**&1&2 MAN:** Pivot  $\frac{1}{2}$  right on left foot, step down on right, pivot  $\frac{1}{2}$  right on right foot, step down on left

**LADY:**  $\frac{1}{2}$  Right on right foot, step down on left, pivot  $\frac{1}{2}$  right on left foot, step down on right

**3&4 MAN:** Execute a three step  $\frac{3}{4}$  turn right ending with touch right

**LADY:** Hold turning body  $\frac{1}{8}$  right, step left next to right lifting right at same time, turn another  $\frac{1}{8}$  right and touch right foot forward

**Both are now in starting position facing  $\frac{1}{4}$  right of beginning wall**

**REPEAT**

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