

Body

Compte: 32

Mur: 4

Niveau: High Improver

Chorégraphe: Andrico Yusran (INA) & Sofyan Anas (INA) - August 2020

Musique: Your Body - Nomra



No Tag No Restart

Start Dance after intro Lyrics 32 counts

S1# SAILOR STEPS - KNEE POPS - COASTER STEP - SIDE SLIDE - CLOSE

1&2 Step R cross behind L , L side , R to side
3&4 Making Knee Pops (bent knee down , up , down)
5&6 L back , R close beside L , L forward
7-8 R slightly to side , L close beside R

S2# TOE TOUCHES - COASTER STEP - TRIPLE 1/2 TURN - PADDLE 1/4

1&2 Step R toe touch forward , R tap back , L toes touch
3&4 L back , R close beside L , L forward
5&6 R forward 1/2 turn to L , L in place , R forward
7&8 L touch forward , L knee Up , L side 1/4 turn to L

S3# PADDLE STEPS - SAILOR SIDE - SIDE TOUCH - HITCH - CROSS - SIDE - CROSS

1&2 Step R cross touch over L , R knee up , R side (weight on L)
3&4 R cross behind L , L side , R cross over L
5&6 L side touch , L knee up , L cross over R
7-8 R side , L cross touch behind R (weight on R)

S4# UNWIND 1/2 - LOCK SHUFFLE - TRIPLE 1/2 TURN - HITCH - SIDE - HITCH - SIDE

1-2 Making 1/2 turn to L , R side touch
3&4 R forward , L lock behind R , R forward
5&6 L forward 1/2 turn to R , R in place , L forward
&7&8 R knee up , R side , L knee up , L side (weight on L)

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