

# Body

Compte: 32

Mur: 2

Niveau: Absolute Beginner

Chorégraphe: Lucy Cooper (UK) - March 2022

Musique: Body - BobbyGoAway



Intro: after 32 counts

## V Step x 2

1 2 Step R out to R diagonal, step L out to L diagonal

**Optional arm movements: place R hand on L hip (1), then L hand on R hip (2) so they cross**

3 4 Step R back in, step L beside R

5 6 Step R out to R diagonal, step L out to L diagonal

**Optional arm movements: place R hand to R side of head (5), place L hand to L side of head (6)**

7 8 Step R back in, step L beside R

## Vine R, Rolling Vine L

1 2 Step R to R side, cross L behind R

3 4 Step R to R side, touch L beside R

5 6 Step L forward turning  $\frac{1}{4}$  L, step R back turning  $\frac{1}{2}$  L

7 8 Step L to L side turning  $\frac{1}{4}$ , touch R beside L

**(Option: Remove turn and do a vine L ending with a touch)**

## Hip Bumps R, Shoulder Shimmies L

1&2& Touch R forward to R diagonal pushing hips to R, recover hips L, bump hips to R, recover hips L

3&4 Bump hips to R, recover hips L, step weight onto R

5-7 Touch L forward to L diagonal, and shimmy shoulders over counts 5&6&7&

8 Step weight onto L

## Rocking Chair, $\frac{1}{2}$ Pivot, Walk Walk

1 2 Rock R forward, recover onto L

3 4 Rock R back, recover onto L

5 6 Step R forward, turn  $\frac{1}{2}$  L (weight ending on L) (6.00)

7 8 Walk R forward, walk L forward

## REPEAT

**Tip: Have a good time and shake it about.**

**It's nice to do the arm movements on the chorus.**

**(Hands to hips when she sings "wanna be your body" and hands to head when she sings "wanna be your mind".)**

Last Update - 19 Mar 2022