

My Body Shake

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Harry Samana (INA) - March 2024

Musique: We're On Our Way - L'ONIS & Daphne Willis



****2 tags & 1 Restart**

Intro : 32 Counts

S.I = TRIPLE FWD (R-L-R) , MAMBO FWD , COASTER TOUCH , HIP BUMP

1&2 Step R fwd – step L fwd – step R fwd
3&4 Rock L fwd – recover on R – step L back
5&6 Step R back – Next L to R - Toe Touch R fwd
&7&8 Hips bump R Up & down 4 time

S.II = CROSS TOUCH , SIDE TOUCH , CROSS TOUCH , SIDE , CROSS TOUCH , SIDE TOUCH , CROSS TOUCH , SIDE

1 2 Cross Touch R over L – touch R to R side
3 4 Cross touch R over L – step R to R side
5 6 Cross Touch L over L – touch R to R side
7 8 Cross touch R over L – step R to R side

S.III = ROCK BACK , SIDE , ROCK BACK , SIDE , MAMBO SIDE R – L , TOUCH

1&2 Rock R back – recover on L – step R to R side
3&4 Rock L back – recover on R – step L to L side
5&6 Rock R to R side – recover on L – next R to L
&7&8 Rock L to L side – recover on R – next L to R – Next Touch R to L

#RE-START AFTER ON 24C Wall 3

S.IV = CROSS , SIDE , CROSS SHUFFLE , POINT R – L , TWIST TURN ¼

1 2 Cross R over L – step L yo L side
3&4 Cross R over L – ball L behind R – cross R over L
5&6& Point R to R side – next R to L - point R to R side – next R to L
7&8 Turn L ¼ Both heel swivel R – both tões swivel R – turn L ¼ both heel swivel R

TAG = After Wall 1 dan after wall 2

CHARLESTON TOUCH DOBLE

1 2 Step R fwd – touch L fwd
3 4 step L back – touch R back
5 6 Repeat movemant (1-2)
7 8 Rapat movemant (3 4)

Back to the TOP

Enjoy you Dance

Contact : HARRY SAMANA

Email : herrysamana01@gmail.com

Youtube : @harrysamana2522

FB : herry samana