Make That Body Count

Niveau: Improver

Chorégraphe: Grace David (KOR) & Jo Kinser (UK) - May 2024

Musique: Body Count - Jason Derulo

Intro: 16 Counts

Compte: 32

*Thank you to Jean-Pierre Madge for the music~

SEC 1: R PONY STEP. L PONY STEP. BALL, WALK, WALK, L SIDE ROCK-RECOVER

- Step RF back hitching L knee, Step LF next to RF, Step RF back hitching L knee 1&2
- 3&4 Step LF back hitching R knee, Step RF next to LF, Step LF back hitching R knee
- Step RF next to LF on ball, Step LF Fwd, Step RF fwd &56
- Rock LF on L side, Recover on RF 78

SEC 2: BALL SIDE, HOLD, BALL SIDE, TOUCH, ROLLING SLIDE, DRAG

- &12 Step LF next to RF on ball, Step RF on R side, Hold (Optional: Body Roll)
- &34 Step LF next to RF on ball. Step RF on R side, Touch LF next to RF (Optional: Body Roll)
- 56 Turn 1/4 to L stepping LF Fwd, Turn 1/2 to L Stepping RF back
- 78 Turn 1/4 to L sliding LF on L side, Drag RF towards LF

SEC 3: BALL, 1/4 JAZZBOX W/ CROSS, SIDE, TOUCH DIAG, SIDE, 1/4 TOUCH DIAG

- &12 Step RF next to LF on ball, Cross LF over RF, Turn 1/4 to L stepping RF back (9:00)
- 34 Step LF on L side, Cross RF over LF
- 56 Step LF on L side, Point RF on R diagonal (Optional: Dip and Roll hips on Count 5)
- 78 Step RF down, Turn 1/4 to L pointing LF Fwd (Optional:Dip and Roll hips on Count 7)(6:00)

SEC 4: L FWD ROCK-RECOVER, BALL BACK, TOGETHER, SIDE SWITCHES, BALL

- 12 Rock LF fwd, Recover on RF (Optional: Roll upper body forward)
- &34 Step LF next to RF on ball, Step RF back, Step LF next to RF
- 5&6& Point RF to R side, Step RF next to LF, Point LF on L side, Step LF on L side
- Point RF to R side, Step RF next to LF, Point LF on L side, Step LF on L side on ball 7&8&

TAG: 16 Counts TAG: After 2nd & 4th Wall facing 12:00

CROSS, HOLD, BALL- BEHIND, HOLD, BALL CROSS, 3/4 WALKS (12:00)

- 12 Cross RF over LF, Hold
- &34 Step LF on L side on ball, Step RF behind LF, Hold
- &5 Step LF on L side on ball, Cross RF over LF
- Walk around 3/4 to L, LRF (12:00) 678

SIDE ROCKS SYNCOPATED, FWD ROCK-RECOVER, FULL TURN TO R(OPTIONAL: BACK, BACK)

- Rock RF on R side, Recover on LF, Step RF next to LF on ball 1 2&
- Rock LF on L side, Recover on RF, Step LF next to RF on ball 3 4&
- Rock RF Fwd, Recover on LF 56
- 78 Turn 1/2 to R stepping RF Fwd, Turn 1/2 to R stepping LF back

[Optional turn on cts 7,8: Step RF back(7), Step LF back (8)]

Last Update: 11 Jul 2024





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