

Compte: 32**Mur:** 4**Niveau:** Intermediate/Advanced**Chorégraphe:** Roy Verdonk (NL), Raymond Sarlemijn (NL) & Matt Jenkins (UK)**Musique:** Body II Body - Samantha Mumba

SLOW WALK LEFT, RIGHT - STEP OUT OUT, ARM MOVEMENTS

- 1-2 Step forward on left foot, angle body left, lifting arms up from waist level to shoulder level
3-4 Step forward on right foot, angle body right, lifting arms up from waist level to shoulder level
5 Step out on left foot, also pushing right arm forward with palm facing down
6 Step out on right foot, also pushing left arm forward with palm facing down
7 Push right arm slightly down and left arm slightly up while finger tips remain in the same place
& Bring arms back together as face down in front of you
8 Bring both arms out to the sides (as if waiting to hug someone)

ARM MOVEMENTS, WALK TWICE, ½ TURN WITH HIP ROLL

- 9 Bring right hand around head starting over the left ear, around the back to the right ear
10 Then continue to present open hand across your body to the left
11 Turn hand and push slightly away from your body until arm is straight in front
12 Then pull arm back and under towards your side, and out again while turning ¼ to the right

You are now presenting an open hand forward

- 13-14 Step forward on left, then right
15-16 Roll hips around as you turn ½ over left shoulder

SIT, STAND, SIT, STAND, WALK TWICE, ANCHOR STEP (SHOULDER PUMPS)

- 17-18 Push weight back onto right foot (sit), push weight up and forward onto left foot
19-20 Push weight back onto right foot (sit), push weight up and forward onto left foot
21-22 Step forward on right, step forward on left angling body slightly to the right
23 Step right foot behind left keeping the angle of the body to the right
& Step left in place while pushing left shoulder down and right shoulder up
24 Step right foot back while pushing left shoulder up and right shoulder down

You have now turned ¼ to the right

LOCK BEHIND, POSE, UNWIND ¾ WALK X3, HEEL SWIVELS

- &25 Step left slightly behind right, cross right over left
26 While right arm bent up and over head and left arm bent across body, pose
27-28 Unwind ¾ turn over left shoulder
29-31 Walk forward right, left, right
& Swivel right and left heels out at the same time, also holding top of head with right hand pull downwards to the right shoulder
32 Bring heels to center and bring head to center

REPEAT
