

Shake Your Body

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ross Brown (ENG) - May 2017
音乐: Move Your Body - Jizz : (CD: Move Your Body - Single)



Intro : □32 Counts (Approx. 15 Seconds)

S1: SCUFF OUT OUT. TOUCH BALL CROSS. CHASSE RIGHT. BACK ROCK.

- 1 & 2 Scuff right foot forward past left, step right to the right, step left to the left.
- 3 & 4 Touch right next to left, step right next to left, cross step left over right.
- 5 & 6 Step right to the right, close left up to right, step right to the right.
- 7 – 8 Rock back with left, recover onto right. (12 O'CLOCK)

S2: BACK ¼ TURN R, FORWARD ¼ TURN R. SIDE ROCKS L & R. FORWARD ROCK.

- 1 – 2 Make a ¼ turn right stepping back with left, make a ¼ turn right stepping forward with right.
- 3 – 4 & Rock left to the left, recover onto right, step left next to right.
- 5 – 6 – 7 – 8 Rock right to the right, recover onto left, rock forward with right, recover onto left. (6 O'CLOCK)

S3: BOUNCING WALK BACKS R, L, R. COASTER STEP.

- 1 & 2 Step back with right bouncing down, up, down.
- 3 & 4 Step back with left bouncing down, up, down.
- 5 & 6 Step back with right bouncing down, up, down.
- 7 & 8 Step back with left, step right next to left, step forward with left. (6 O'CLOCK)

S4: STEP. SCUFF BALL STEP. POINT FORWARD, BACK. SWIVET STYLE TWIST 3/8 TURN L.

- 1 Step forward with right.
- 2 & 3 Scuff left foot forward past right, step left next to right, step forward with right.
- 4 – 5 Point left toe forward, point left toe back (not too far).
- 6 – 7 Twist left heel to the right and right toe to the left, twist left heel to the left and right toe to the right.
- 8 Make a 3/8 turn left twisting left heel to the right and right toe to the left. (Weight ends on left) (1:30)

S5: STEP with SWEEP. JAZZ BOX ¼ TURN L. X2.

- 1 Step forward with right (and sweep forward with left).
- 2 – 3 – 4 Cross step left over right, make a ¼ turn left stepping back with right, step left to the left. (10:30)
- 5 – 8 Repeat Counts 1 – 4 of this Section. (7:30)

S6: JAZZ BOX ¼ TURN R. JAZZ BOX 1/8 TURN R. HEEL BOUNCE.

- 1 – 2 Cross step right over left, make a ¼ turn right stepping back with left. (10:30)
- 3 – 4 Step right to the right, step forward with left.
- 5 – 6 – 7 Cross step right over left, make an 1/8 turn right stepping back with left, step right to the right.
- & 8 Lift both heels, drop both heels. (Weight ends on right) (12 O'CLOCK)

S7: CROSS SHUFFLE. SIDE ROCK. X2.

- 1 & 2 Cross step left over right, close right up to left, cross step left over right.
- 3 – 4 Rock right to the right, recover onto left.
- 5 & 6 Cross step right over left, close left up to right, cross step right over left.
- 7 – 8 Rock left to the left, recover onto right. (12 O'CLOCK)

S8: BEHIND, SIDE, FORWARD. ROCK FORWARD, BALL. POINT BACK, UNWIND ½ TURN L. COASTER

STEP.

- 1 & 2 Cross step left behind right, step right to the right, step forward with left.
3 – 4 & Rock forward with right, recover onto left, step right next to left.
5 – 6 Point left toe back, unwind a ½ turn left keeping weight back on right.
7 & 8 Step back with left, step right next to left, step forward with left. (6 O'CLOCK)

END OF DANCE!**Contact: ross-brown@hotmail.co.uk**
