

# Body Shots

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Shea McCafferty (USA) - April 2018  
音乐: Body Shots - Kaci Battaglia & Ludacris



Count In: Dance begins after 16cts.

Notes: There is an 8ct tag at the end of wall 2. There is one restart on wall 4. Dance 48 cts. Then Restart the dance.

## [1 – 8] R Rock forward, L Recover, R Sailor Step with Heel, Ball Cross, Knee Pops, Chug turn x2

1 2            Rock R forward slightly lifting L off ground (1) Recover L starting to Sweep R (2) 12  
3 & 4        Step R behind L (3) Step L to left side (&) Touch R heel to right side (4) 12  
&5&6        Step R in place (&) Cross L over R (5) Raise both heels popping both knees (&) Lower both  
                 heels (6) 12  
7 8            Step R to right side (7) Make 1/8 turn right stepping R to right side (8) 10

## [9 – 16] R Step Out, L Step Out, Body Roll, Body Roll Stepping R Back, Ball Step, ¼ turn And Point

1 2            Make 1/8 turn right stepping R to right side squaring up to 9 o'clock (1) Step L to left side (2)  
                 9  
3 4 5 6        Body Roll in place (3, 4) \*weight ends L, Touch R Back body roll (5) Body roll (6) \*transfer  
                 weight L 9  
&7 8        Step L next to R (&) Step R back making ¼ turn (7), point L to left side (8) 12

## [17 – 24] ¼ turn, ½ turn, L Coaster Step, R Step Touch, L Step Touch, R Press, Push Back with Small Kick

1 2            Make ¼ turn left stepping forward L (1) Make ½ turn left stepping back R (2) 3  
3&4        Step L back (3) Step R next to L (&) Step L forward (4) 3  
5&6&        Step R to right diagonal (5) Touch L next to R (&) Step L to left diagonal (6) Touch R next to  
                 L (&) 3  
7 8            Press R to forward R side slightly lifting L off ground (7) Press off R to take weight L kicking R  
                 out (8) 4:30

## [25 – 32] R Triple Step, L Step Half Pivot, L Step Forward, Dorothy Steps R-L

1&2        Step R forward (1) Step L next to R (&) Step R forward (2) 4:30  
3&4        Step L forward (3) ½ Pivot turn right (&) Step L next to R (4) 10:30  
5 6 &        Step R to right diagonal (5) Lock L behind R (6) Step R to right diagonal (&) 10:30  
7 8 &        Step L to left diagonal (5) Lock R behind L (6) Step L to left diagonal (&) 10:30

## [33 – 40] R Step, L Point Behind, L Rock and Cross, Toe Struts

1 2            Step R to right side (1) Point L behind R (2) 9  
3&4        Rock L to left side (3) Recover weight R (&) Cross L over R (4) 9  
5 6 7 8        Touch R to right side (5) Drop R heel taking weight R (6) Touch L over R (7) Drop L heel  
                 taking weight L (8) 9

## [41- 48] R Rock, L Recover, R Behind Side Cross, ¼ turn L Triple Step, R Step ½ Pivot

1 2            Rock R to right side (1) Recover weight L (2) 9  
3&4        Step R behind left (3) Step L to left side (&) Cross R over left (4) 9  
5&6        Step L forward making ¼ turn (5) Step R next to L (&) Step L forward (6) 6  
7 8            Step R forward (7) Pivot ½ turn left (8) 12

## [49 – 56] R Step, Sweep L, L Step, Sweep R, R Jazz Box ¼ Turn

1 2 3 4        Step R forward (1) Sweep L foot forward (2) Step L forward (3) Sweep R foot forward (4) 12  
5 6 7 8        Cross R over left (5) Step L back making ¼ turn (6) Step R to right side (7) Step L forward (8)  
                 3

**[57 – 64] R Point and L Point with ¼ turn, L Samba Step, R Samba 1/8 turn, L Coaster Step**

- 1&2 Point R to right side (1) Make ¼ turn right stepping R next to L (&) Point L to left side (2) 6  
3&4 Cross/step L over R (3) Step R slightly to right (&) Step L to the left (4) 4:30  
5&6 Cross/step R over L (3) Step L slightly to the left (&) Make 1/8 turn right stepping back R (4) 6  
7&8 Step L back (7) Make 1/8 turn right stepping R next to L (&) Step L forward (8) 6

**TAG: K Step**

- 1 2 3 4 Step R to forward diagonal (1) Touch L next to right (2) Step L back to L diagonal (3) Touch R next to left (4) 12  
5 6 7 8 Step R to back diagonal (5) Touch L next to right (6) Step L forward to L diagonal (7) Touch R next to left (8) 12

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