

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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