

Body

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - March 2021
音乐: Body (feat. brando) - Loud Luxury : (Spotify)



Dance starts on lyrics (16 counts intro)

[S1] Back w/ 1/2L Reverse-Point, Coaster Step, Rocking Chair, Fwd-Together-1/4R Swivel

1 2 Stepping back on R and make a ½ turn left, Point L to the side (6:00)
3&4 Step back on L, Step R next to L, Step forward on L
5&6& Rock forward on R, Recover weight on L Rock back on R, Recover weight on L
7&8 Step forward on R, Step L next to R, Swivel/twist both toes to R whilst making a ¼ turn right(weight on heel of R foot and ball of L foot)** (9:00)

[S2] Coaster Step, Side-Together-Side Rock-Cross-Side Rock-Cross-Side-Together-Side-Kick 1/4R-Ball

1&2 Step back on R, Step L next to R, Step forward on R
&3&4 Step L to the side, Step R together, Rock L to the side, Recover weight on R
&5&6 Cross L over R, Rock R to the side, Recover weight on L, Cross R over L
&7 Step L to the side, Step R together
&8& Step L to the side and making a ¼ turn right, Kick forward on R, Ball step slightly forward on R (12:00)

[S3] Fwd-Side-Kick 1/4L-Ball, Fwd-1/4R-Kick 1/4R, 3x Side Dip & Lift, Behind Rock-

1&2& Step forward on L, Step R to the side and making a ¼ turn left, Kick forward on L, Ball step slightly forward on L (9:00)
3&4 Step forward on R, Step L to the side and making a ¼ turn right, Making a further ¼ turn right kick forward on R (3:00)
&5&6 Stepping R to the side/dip down, Stretch up/lifting L to the side (weight on R), Stepping L to the side/dip down, Stretch up/lifting R to the side (weight on L)
&7 Stepping R to the side/dip down, Stretch up/lifting L to the side (weight on R)
&8 Rock L behind R, Recover weight on R

[S4] Side-1/4R Back Rock, Fwd-1/2L-Ball, Fwd-1/4R-Ball, Step-Pivot 1/2L

1 2& Step L to the side making a ¼ turn right, Rock back on R, Recover weight on L (6:00)
3 4& Step forward on R, Make a ½ turn left recover weight on L, Ball step forward on R (12:00)
5 6& Step forward on L, Make a ¼ turn right recover weight on R, Ball step forward on L (3:00)
7 8 Step forward on R, Make a ½ turn left recover weight on L

Immediately step back on R making a ½ turn left to start.

Restart on Wall 6 count 8**(6:00)

Ending suggestion: The last wall starts at 6:00 o'clock. Dance up to count 16& (6:00), then Step-Pivot 1/2R to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 10/Mar/21)