

# Body Rhythm

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Body Rhythm - SHINee



## Intro 16 count

### [1-8] Across, Back, Triple Side, Across, Back, Triple Side

1 2            Across R over L(1), Step L back(2)  
3 & 4        Step R to right side(3), Step L next to R(&), Step R to right side(4)  
5 6            Across L over R(5), Step R back(6)  
7&8         Step L to right side(7), Step R next to L(&), Step L to right side(8)

### [9-16] Heel Swivel, Back Skate Step

1&2         RF Ball forward, RF Swivel heel out, RF Swivel heel in  
3&4         LF Ball forward, LF Swivel heel out, LF Swivel heel in  
5 6         RF Step backward, LF Step backward  
7 8         RF Step backward, LF Step backward

### [1-16] Repeat

### [17-24] Toe touch, Hold, Step Side Knee Bounce, Step L Slide R, Flick RL Point R

1 2            RF Toe touch, Hold(option: body roll)  
3 4            LF Side, Knee Bounce(option: Arm Circle)  
5 6            LF Slide, RF Slide  
7&8         LF Step side RF Flick, LF Flick, LF Toe Point

### [25-32] Batucadas, L Knee Hitch Doubles, RF point Hold ×2

1&a2&a      LF press ball forward(1), replace weight onto RF(&), step LF back(a) RF press ball forward(2), replace weight onto LF(&), step RF back(a)  
3&4         1:30 LF Knee Hitch, R Behind close, LF Knee Hitch  
5&6         LF Step together, RF Toe Touch 1:30, Hold(Wrist shake)  
7&8         RF Step together, RF Toe Touch 1:30, Hold(Wrist shake)

### [33-40] Step RF Side, Step LF Side, Back Step LF RF, Pop Knee ×2

1234        RF Side(1), LF Side(2), RF Side (3), LF Side(4)  
56         LF Back walk 4:30, RF Back walk 4:30  
7&8        LF Pop Knee, RF Close, LF Pop Knee

### [41-48] RF Side Flick, RF Inside Flick, Back Knee Bent ×2

1234&      RF Side Flick(1), RF Inside Flick(2), RF Side Flick(3), RF Back Knee bent(4), Knee bent(&)  
5&6        RF Press ball diagonal 1:30, RF close, Slide  
7&8        LF Step Side, RF Step Side, Body Roll

### [33-48] Repeat (Option-[41-48] Variation)

#### [Tag1]

#### [1-8] R Step and Body Roll or Chest Bump

1234        R Step Side, Body Roll  
5678        Chest Bump

#### [Tag2]

[1-16] Body Roll Left, LF hitch, Body Roll R, RF hitch, Moon walk RL, Poppin Walk RLRL, Kick LRLR

1234      Body Roll, LF Hitch  
5678      Body Roll, RF Hitch

9-12      RF Step Tap, RF Step Back, LF Step Tap, LF Step Back, Poppin Walk  
13-16      LF Step Kick, RF Step Kick, LF Step Kick, RF Step Kick

**[Restart] - After 3wall**

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