

Body

拍数: 32 墙数: 2
编舞者: Lucy Cooper (UK) - March 2022
音乐: Body - BobbyGoAway

级数: Absolute Beginner



Intro: after 32 counts

V Step x 2

1 2 Step R out to R diagonal, step L out to L diagonal

Optional arm movements: place R hand on L hip (1), then L hand on R hip (2) so they cross

3 4 Step R back in, step L beside R

5 6 Step R out to R diagonal, step L out to L diagonal

Optional arm movements: place R hand to R side of head (5), place L hand to L side of head (6)

7 8 Step R back in, step L beside R

Vine R, Rolling Vine L

1 2 Step R to R side, cross L behind R

3 4 Step R to R side, touch L beside R

5 6 Step L forward turning $\frac{1}{4}$ L, step R back turning $\frac{1}{2}$ L

7 8 Step L to L side turning $\frac{1}{4}$, touch R beside L

(Option: Remove turn and do a vine L ending with a touch)

Hip Bumps R, Shoulder Shimmies L

1&2& Touch R forward to R diagonal pushing hips to R, recover hips L, bump hips to R, recover hips L

3&4 Bump hips to R, recover hips L, step weight onto R

5-7 Touch L forward to L diagonal, and shimmy shoulders over counts 5&6&7&

8 Step weight onto L

Rocking Chair, $\frac{1}{2}$ Pivot, Walk Walk

1 2 Rock R forward, recover onto L

3 4 Rock R back, recover onto L

5 6 Step R forward, turn $\frac{1}{2}$ L (weight ending on L) (6.00)

7 8 Walk R forward, walk L forward

REPEAT

Tip: Have a good time and shake it about.

It's nice to do the arm movements on the chorus.

(Hands to hips when she sings "wanna be your body" and hands to head when she sings "wanna be your mind".)

Last Update - 19 Mar 2022