

Body Ya

拍数: 32 墙数: 4 级数: Beginner
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音乐: September - Earth, Wind & Fire



Starts: 40 counts

[1 – 8] SIDE STEP TOUCH X2, SIDE POINT TOGETHER X2

1 2 R side step, L touch besides R
3 4 L side step, R touch besides L
5 6 R side point, R steps besides L
7 8 L side point, L steps besides R

[9 – 16] SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH X4

&1 2 R side hop step, L toe touch besides R, hold
&3 4 L side hop step, R toe touch besides L, hold
&5&6 R side hop step, L toe touch besides R, L side hop step, R toe touch besides L
&7&8 R side hop step, L toe touch besides R, L side hop step, R toe touch besides L

EZ Option: R side step with right hip bump(1), hold for 2, left hip bump for 3, hold for 4, hip sway right/left/right/left for 5,6,7,8

FLAIR: Flail both arms up towards the direction you are hopping/swaying, I highly recommend!

[17 – 24] VINE R HOP/CLAP, VINE L WITH ¼ TURN L HOP/CLAP

1 2 R side step, L cross behind R
3 4 R side step, hop in place and clap maintaining weight on R
5 6 L side step, R cross behind L
7 8 ¼ turn L with L stepping forward, hop in place and clap maintaining weight on L 9:00

[25 – 32] SIDE STEP SHIMMY, STEP HOLD X2

1 2 R side step and shimmy your shoulders
3 4 L steps besides R, hold
5 6 L side step and shimmy your shoulders
7 8 R steps besides L, hold

Last Update: 3 Oct 2024