

Body On My Mind

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Markus Eiselt (DE) - November 2022
音乐: Body On My Mind - Moonshine



Restarts: no

Tags: 3x end Wall 4,6,9 - 4 Count hold

Start the Dance after 32 Counts

(1-8) Side r ran r, side and side r, rock fwd l, side and side l

1-2 Step to the right with your right (1), then step your left next to your right (2)
3&4 Step right to right (3), then touch left to right(&4)
5-6 Step forward with left (5) and weight back on right (6)
7&8 Step left with left (7), then step right next to left (&8)

(9-16) 1/2 Turn r, side and side r, rock fwd l, side and side l

1-2 Cross your right behind your left (1), and do a half turn (2)
3&4 Step right to right (3), then touch left to right (&4)
5-6 Step forward with left (5), and return weight to right foot (6)
7&8 Step left to left (7), then step right next to left (&8)

(17-24) Shuffle 1/2 Turn r, rock back l, Shuffle 1/2 Turn l, rock back r

1&2 1/2 turn left step right with right (1), step left next to right then step back with right(&2)
3-4 Step back on left (3), and weight back onto right (4))
5&6 1/2 turn right step left with left (5), bring right next to left step back with left (&6)
7-8 Step back on right (7), and weight back onto left foot (8)

(25-32) Jazz box, mambo fwd r, mambo back l

1-4 Cross your left with your right (1), and step back with your left (2), Step to the right with the right (3), touching the left to the right (4)
5&6 Step forward with right (5), then return to starting position (&6)
7&8 Step back with left (7), then return to starting position (8)

Last Update – 19 Nov. 2022