

# Bodybag

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Chris Jacques (USA) - May 2023  
音乐: Bodybag - Charlotte Lawrence



Restarts: 1 Tags: 0

Intro: 4 counts (starts with first piano note, lyrics begin on count 3)

## [1-8] Side Rock, Recover w/ hitch, Cross Rock, ¼L Recover, Full Turn w/ sweep, Cross, Side, Rock Back, Recover

- 1, 2      Rock L to L side, crossing arms over chest (1), Recover weight R, hitching L and releasing arms (2)  
3&4&      Rock L across R (3) Recover weight R (&) Rotate ¼L, Stepping Forward on L (4) ½L Stepping back on R (&)  
5-6&      ½L Stepping forward on L, sweeping R back to front (5) Cross R over L (6) Step L to L (&)  
7, 8      Rock R behind, opening 1/8R into diagonal (7) Recover forward on L (8) – facing 10:30

## [9-16] Full Turn, Rock recover ½R w/ hitch, Chase ½R w/ Prep, Full turn, Slow ½ Pivot, Spiral R, ¼R

- &1      Rotate ½L, stepping back on R (&) ½L Stepping forward on L (1)  
2&3      Rock forward on R (2) Recover weight L (&) Rotate ½ R, hitching L (3)  
4&5      Step forward on L (4) Pivot ½R, Stepping forward on R (&) Step forward on L, prepping for L turn (5)  
6&      Rotate ½L, stepping back on R (6) ½L Stepping forward on L (&)  
7, 8&      Step R forward, Slowly pivot ½L, keeping weight R, pointing L forward (7) ½R Spiral, placing weight L (8), Rotate ¼R, Stepping forward on R – facing 3:00

Restart here on wall 2, rotating ¼L to 12:00.

## [17-24] ¼R NC Basic, Rock-recover, Weave w/ hitch, behind, side, rock, Sway-Sway

- 1-2&      Rotate ¼R, stepping L to L side (1) Step R slightly behind L (2) Step L across R (&)  
3&4&      Rock R to R side (3) Recover weight L (&) Cross R over L (4) Step L to L side (&)  
5-6&      Step R behind, hitching L around (5) Cross L behind R (6) Step R forward on diagonal (&)  
7, 8&      Rock forward on L (7) Rotate ¼R Swaying R to R side (8) Sway L, Looking L (&) – facing 10:30

## [25-32] ¼R Posé, Full Turn, Pivot ½R, Walk, Press + Glide, behind, Reverse Pivot x2

- 1-2&      Rotate ¼R, stepping forward on R, hitching L open to side (1) ½R Stepping back on L (2) ½R Stepping forward on R (&)  
3, 4&      Step forward on L (3) Slowly pivot ½R, stepping forward on R (4) Walk forward on L (&)  
5, 6&      Press forward on ball of R (5) Lower R heel while sliding back on to L (6) Step back on R (&)  
7&8&      Rotate 3/8L rocking forward on L (7) Recover back on R (&) Rotate ½L Rocking forward on L (8) Recover back on R (&) \*\*add ¼L to end of the pivots to begin dance again – facing 6:00

Last Update: 7 Sep 2023