

Body Moving

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - March 2024
音乐: Body Moving - Eliza Rose & Calvin Harris



Intro: 32 counts)

[S1] Fwd Rock-1/2R, Chase Turn-Fwd, Step-Pivot 1/2L-1/2L-1/4L

1 2 3 Rock forward on R, Replace weight on L, Make a ½ turn right stepping forward on R (6:00)
4&5 Step forward on L, Make a ½ turn right recover weight on R, Step forward on L (12:00)
6 7 8 Step forward on R, Make a ½ turn left recover weight on L (6:00), Make a ½ turn left stepping back on R (12:00)
1 Make a further ¼ turn left stepping L to the side (9:00)

[S2] Cross Rock, Side Chasse, Cross Rock, Side Chasse 1/4L

2 3 Rock R over L, Replace weight on L
4&5 Step R to the side, Step L close, Step R to the side
6 7 Rock L over R, Replace weight on R
8&1 Step L to the side, Step R close, Make a ¼ turn left stepping forward on L (6:00)

[S3] Step-Pivot 1/2L-Roll Fwd, Hip Push Fwd-Back-Quick Fwd-Back

2 3 Step forward on R, Make a ½ turn left recover weight on L (12:00)
4 5 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (12:00)
6 7 Step forward on R and push hips forward, Push hips back weight on L
8& Quick hip push forward weight on R, Recover weight on L

[S4] Samba 1/4R, 2x Pivot 1/2R, Fwd, Side Rock

1&2 Step forward on R, Make a ¼ turn right rock L to the side (3:00), Replace weight on R
3 4 Step forward on L, Make a ½ turn right recover weight on R (9:00)
5 6 Step forward on L, Make a ½ turn right recover weight on R (3:00)
7 8& Step forward on L, Quick right side rock on R, Replace weight on L

Ending suggestion: The last wall starts facing 12:00. Dance towards the end, on the last count of 7 8& make an extra ¼ turn left to the front.

hirokoclinedancing@gmail.com