

Shake Your Body Rico

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Linda Oei (INA) - December 2024
音乐: Shake Your Body Rico - Gitano Urbano



Restart on wall 5 after 16 counts

S1 : (Facing diagonal left/right) SIDE - CLOSE- CHASSE (with move shoulder up & down)

1 -2 (Facing diagonally left) Step R to side - close L together (right shoulder up /1 - down /2)
3&4 Step R to side - close L together - Step R to side (right shoulder up/3 - down/&, up/4)
5-6 (Facing diagonally right) Step L to side - close R together (left shoulder up/5 - down/6)
7&8 Step L to side - close R together - step L to side (left shoulder up /7 - down/&- up/8)

S2 : STEP WALK BACK (R-L) - COASTER STEP - 1/4 PADDLE TURN RIGHT (2x)

1-2 Step walk back (R-L)
3&4 Step R back - step L together - Step R fwd
5-6 Step L fwd - 1/4 turn right step R in place
7-8 Step L fwd - 1/4 turn right step R in place

S3 : CROSS POINT – POINT – CROSS SAMBA (L – R)

1-2 Cross point L over R - Point L to side
3a4 Cross L over R - ball tap R to side - ball tap L recovery
5-6 Cross point R over L - Point R to side
7a8 Cross R over L - ball tap L to side - ball tap R recover

S4 : CROSS SAMBA (L – R) – STEP WALK BACK (L – R) – ¼ TURN LEFT STEP BACK (with shimmy) – TOUCH

1a2 Cross L over R - ball tap R to side- ball tap L recover
3a4 Cross R over L- ball tap L to side - ball tap R recover
5-6 Step walk back L-R (with Shimmy)
7-8 1/4 turn left step walk back L (with shimmy) - Touch R beside L
