

Your Body

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Your Body - Tom Novy



- 1-4 Walk forward right, left, walk back right left
5-8 Rock right to the right side, recover, rock right foot behind left, recover
- 1-4 Walk forward right, left, pivot ½ turn right on balls of both feet, turn ½ right stepping back on left
5-8 Walk round 1 full turn right, left, right, left
- 1-2 Rock right foot to the right side, recover
3&4 Step right behind left, step left to the left side, step right across left
5-6 Stomp left foot to the left side, hold
7-8 Swing hips left to right, slightly bending the knees (keep weight on left)
- 1&2 Right coaster step
3-4 Step forward left, pivot ½ turn right
5-6 Turn ½ right stepping back on left, hold
7-8 Rock back on right, recover
- 1-2 Walk forward right, left
&3-4 Rock right to right side turning ¼ of a turn to the left, cross right over left
5-6 Stomp left to left side, hold
&7-8 Step right next to left, step left to left side, step right next to left
- 1-2 Rock left to left side, recover
3&4 Step left behind right, step right to right side, step left across right
5-6 Rock right foot to right side, recover
7-8 Rock right foot behind left, recover
- 1-2 Step right foot forward, pivot ½ turn left
3-4 Step right foot forward, pivot ¼ turn left
5-6 Step right across left, step left to left side
7&8 Step right behind left, step left to left side, step right across left
- 1-2 Step left to left side, hold
&3-4 Step right next to left, step left across right, step right to right side
5-6 Touch left toe back, turn ½ turn left as you step on it
7-8 Rock right to right side as you turn ¼ turn left, recover

REPEAT
