

Check 1,2

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Godden (UK)
音乐: Rock Your Body - Stagga Lee



Start with feet shoulder width apart

- 1&2 ¼ turn left on balls of feet, close left to right, step forward right
3&4 ¼ turn left on balls of feet, flick right behind left, step right to right
5&6 Tap left to right twice, step left to left
7-8 Close right to left, swivel ¼ turn right (bend & straighten knees)
- 1-2& Right diagonal forward, cross left behind right, replace weight on right
3-4& Left diagonal forward, cross right behind left, replace weight on left
5-6 Step right to right side, cross left behind right
7-8 Turn ¾ left, flick right hand over left shoulder
- 1-2 Step back side right, step back side left
3-4 Step forward side right, step forward side left
5-8 Rock right left right left while completing ¼ turn left (in swat position)
- 1-2 Step back side right, step back side left
3-4 Step forward side right, step forward side left
5-6 Raise right knee while leaning head to left and left arm forward, step right to right
7-8 Raise left knee while leaning head to right and right arm forward, step left to left

REPEAT
