

# Body & Heart

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Mark Hood (UK) & Douglas Semple (UK)  
音乐: Body to Body, Heart to Heart - Cher



## DIAGONAL CROSS-BACK-SIDE, DIAGONAL CROSS SHUFFLE, TOUCH-WEIGHT, ROCK-RECOVER, DIAGONAL FORWARD

- 1-2-3      Turn diagonally right and step left over right, step right foot back, square up to the starting wall and step left to the left
- 4&5      Turn diagonally left and step right over left, step left to the left, step right over left
- 6-7      Square up to the starting wall and touch the ball of the left foot (not toe) to the left, put the full weight on the foot and turn diagonally left as your head looks left sharply
- 8&9      Turn body to right diagonal and rock right back, recover on left, step right diagonally forward

## DIAGONAL STEP-PIVOT ½, SHUFFLE ½ TURN, ROCK-RECOVER 1/8, TAPS WITH ¼ TURN

- 10      Still facing right diagonal, step left forward
- 11      Pivot ½ turn right changing weight to right foot (facing back left diagonal)
- 12&13      Shuffle turn ½ on the spot stepping left, right, left turning right (facing front right diagonal)
- 14-15      Rock back on right foot, turn to face the right side wall and recover weight forward on the left foot
- 16&17      Tap right foot forward, tap right foot diagonally forward, turn ¼ right and step right foot forward (facing 6:00)

## RONDÉ ½ TURN, HITCH, DIAGONAL ROCK-RECOVER SIDE, STEP-BALL-SMALL STEP

- 18      Rondé left around making ½ turn to the right
- 19      Hitch left leg up (facing 12:00)
- 20&21      Turn diagonally right and step left over right, step right foot back, square up to the starting wall and step left to the left
- 22-23      Turn body to face right diagonal and rock right foot back behind left, recover on the left
- 24&25      Step right forward (still facing right diagonal), step the ball of the left beside right, step right forward a very small step

## DIAGONALLY CROSS-SIDE, SAILOR STEP ¼ TURN, STEP-TOUCH, SIDE ROCK RECOVER

- 26-27      Step left foot forward (still toward right diagonal), square up to the starting wall and step right to the right
- 28&29      Step left behind right, step right to the right, make a ¼ turn left and step left foot forward (facing 9:00)
- 30-31      Step right foot, touch left foot next to right and pop left knee in to right
- 32&      Side rock left to the left, recover onto the right

**REPEAT**

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