# **Body Basics**



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音乐: Hang 'em High - Reggae Cowboys



## FRONT CROSSING VINES, HEEL STOMPS

1	Step to the right on right foot
2	Cross left foot over right and step
3	Step to the right on right foot

4 Stomp left heel forward and diagonally to the left while snapping wrists

5 Step to the left on left foot

6 Cross right foot over left and step

7 Step to the left on left foot

8 Stomp right heel forward and diagonally to the right while snapping wrists

## **HEEL STOMPS**

9-12 Stomp right heel forward while thrusting crooked right arm forward and snapping fingers
13-16 Stomp left heel forward while thrusting crooked left arm forward and snapping fingers

## **TURNING HIP THRUSTS**

17	Step forward on right foot making a 1/8 turn to the left while thrusting right hips forward
18	Rock back onto left foot while thrusting left hips back
19	Step right foot next to left
20	Step left foot next to right
21-24	Repeat beats 17-20
25-28	Repeat beats 17-20
29-32	Repeat beats 17-20

## **LUNGES BACK**

33	Lunge back on right foot while thrusting both arms forward
34	Step left foot next to right while placing both hands on knees
35	Lunge back on left foot while thrusting both arms forward
36	Step right foot next to left while placing hands on both knees
27 40	Panast hosts 33 36

#### 37-40 Repeat beats 33-36

### **SWAY STEPS WITH CROUCHES**

Step to the right on right foot bending knees into a	deep crouch position
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Sway back onto the left foot in the crouch position

Sway forward onto right foot in the crouch position while bringing arms into a "hold" position

on chest

44 Sway back onto left foot while straightening up

#### ARM MOVEMENTS

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45	With feet in place, thrust arms up overhead	
46	Place right wrist over left with palms facing outward	
47	Twist wrists so that palms face inward	
48	Twist wrists so that palms face outward	
49	Bring right arm down to the right	
50	Look down at right arm	
51	Bring left arm down to the left	
52	Look down at left arm	

53	Place arms forward with wrists together
54	Twist wrists over each other while bringing arms back to chest (in crossed position)
55	Lean forward slightly while spreading arms to sides
56	Hold
57	Step forward on right foot with right shoulder dipped down and arms/elbows extended in front and fists at waist level
58	Step left foot next to right while nodding head to the right
59-60	Repeat beats 57-58

## **REPEAT**