

Your Body

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Terry Cullingham (UK) - February 2009
音乐: Your Body - Tom Novy & Michael Marshall : (Album: Love On the Dancefloor,
Ministry of Sound compilation)



Intro: 48 count intro. 16 count tag at the end of the 2nd, 6th, and 8th, walls.

Section 1: Step, ¼ Turn Step, ¼ Turn Chasse R, Back Rock, Side, Hitch, ½ Turn Chasse R.

1 – 2 Step R forward. ¼ turn L stepping L forward.
3 & 4 ¼ turn left stepping R to R side. Close L beside R. Step R to R side.
5 & 6 Cross rock L behind R. Recover on R. Step L to L side.
& 7 Hitch R knee and on ball of L pivot ½ turn R. Step R to R side.
& 8 Close L beside R. Step R to R side. (12 o'clock)

Section 2: Step, Pivot ½ Turn, Step, Together, Forward Rock, Sailor ½ Turn, Step, Pivot ½ Turn.

1 & 2 Step L forward. Pivot ½ turn R. Step L forward.
& 3 – 4 Step R beside L. Rock forward on L. Recover on R.
5 & 6 Sweep L ½ turn L stepping L to L side. Step R beside L. Step L forward.
7 – 8 Step R forward. Pivot ½ turn L. (6 o'clock)

Section 3: Full Forward Turn, Chasse R, Back, Cross, Side, Touch, ¼ Turn, Side, Point.

1 – 2 ½ turn L stepping R back. ½ turn L stepping L forward.
3 & 4 Step R to R side. Close L beside R. Step R to R side.
& 5 – 6 Step L slightly back. Cross R over L. Step L to L side.
7 & 8 Touch R beside L. ¼ turn R stepping R to R Side. Point L to L side. (9 o'clock)

Section 4: Together, Step, Touch, Sailor ½ Turn, Kick Ball Touch, Hip Bumps, Together.

& 1 – 2 Step L beside R. Step R forward. Touch L beside R.
3 & 4 Sweep L ½ turn L stepping L to L side. Step R beside L. Step L forward. (3 o'clock)
5 & 6 Kick R forward. Step R beside L. Touch L Forward.
7 & Bump hips forward. Bump hips back.
8 & Bump hips forward. Step L beside R. (Keep weight on R during hip bumps)

Note The music fades for 16 or so counts from the start of the 5th wall, just carry on dancing.

Start Again.

Tag 16 count tag danced at the end of the 2nd, 6th, and 8th walls.

Section 1: Step, ½ Turn, Back, R Coaster Step, Side, Touch, Chasse R.

1 – 2 Step R forward. ½ turn R stepping L back.
3 & 4 Step R back. Step L beside R. Step R forward.
5 – 6 Step L to L side. Touch R beside L.
7 & 8 Step R to R side. Close L beside R. Step R to R side.

Section 2: Step, ½ Turn, Back, L Coaster Step, Side, Touch, Chasse L.

1 – 2 Step L forward. ½ turn L stepping R back.
3 & 4 Step L back. Step R beside L. Step L forward.
5 – 6 Step R to R side. Touch L beside R.
7 & 8 Step L to L side. Close R beside L. Step L to L side.

Big Finish Dance ends after the tag at the end of the 8th wall. After chasse L finish by stepping R forward and pointing L to L side, to the count & 1.

