

Body on Me

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Matthew Grocott (UK) - August 2015
音樂: Body on Me (feat. Chris Brown) - Rita Ora



Start on: 'Baby let's cut down'

S1: Rock Out , Recover , Crossing Shuffle , Rock Out , Recover , Behind - Side - Cross

1-2 Rock out to right side , Recover on left
3&4 Cross right over left , Step left slightly to left side , Cross right over left
5-6 Rock out to left side , Recover on right
7&8 Step left behind right , Step right to right side , Cross left over right

Restart: During wall 3 Start dance again at this point (facing 6:00)

S2: 1/4 Syncopated Monterey Turn , Step 1/2 Step , Reverse Turn , Shuffle 1/2 Turn , Kick - Ball - Point

1&2& Point right to right side , Making 1/4 turn right stepping left next to right (3:00) , Point left to left side , Step left next to right
3&4 Step forward on right , Pivot 1/2 turn left , Step forward on right (9:00)
5 Making 1/2 turn right , Stepping back on left (3:00)
6&7 Shuffle step 1/2 turn right , Stepping right , left , right (9:00)
8&1 Kick left foot forward , On ball left next to right , Point right to right side

S3: Sailor Step , Cross - Rock , Side - Flick , Side , Hold ,

2&3 Step right behind left , Step right next to left , Step right to right side
4&5 Cross left over right , Recover back on right , Step left to left side
6 Flick right behind left
7-8 Step right to right side , Hold

S4: Cross - Side , Salior 1/4 turn , Shuffle Forward , Toe Switches

1-2 Cross left over right , Step right to right side
3&4 Step left behind right , Making 1/4 turn left Stepping right next to left , Step left to left side (6:00)
5&6 Step Forward on right , Step left next to right , Step forward on right
7&8 Point left to left side , Step left next to right , Point right to right side

S5: Coaster Step , Chasse , Kick - Ball - Cross , Side , Hold ,

1&2 Step back on right , Step left next to right , Step forward on right
3&4 Step left to left side , Step right next to left , Step left to left side
5&6 Kick right slightly diagonal , On ball of right next left , Cross left over right
7-8 Step right to right side , Hold

S6: Behind - Side - Cross , 3/4 Turn Walk Round , Rock , Recover , Shuffle 1/2 Turn

1&2 Step left behind right , Step right to right side , Cross left over right
3-5 Walk round - right , left , right - completing 3/4 right (3:00)
6& Rock forward on left , Recover back on right
7&8 Shuffle step 1/2 turn left , Stepping left , right , left (9:00)

Start Dance Again:

Tag: 4 Count Tag End of wall 1 (9:00) And End of Wall 4 (3:00)

1-4 Side Rock , Recover , Back Rock , Recover
1-2 Rock right to right side , Recover on left
3-4 Rock back on right , Recover on left

