

Body Moves

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jamie Barnfield (UK) - September 2017
音樂: Body Moves - DNCE : (Album: DNCE - iTunes - 3:56)



Intro: 16 count (on main vocals)

S1: FORWARD TAP BACK, R SAILOR STEP, HOLD, BALL POINT, SIDE, KICK

1&2 Step forward on right, Tap left behind right, Step back on left
3&4 Cross right behind left, Step left in place, Step right to right side
5&6 Hold, Close left to right, Point right to right side
7-8 Swing hips anti-clockwise from left to right taking weight on right, Kick left to left diagonal

S2: BEHIND ¼ STEP, STEP, PIVOT ½, STEP LOCK STEP STEP, LOCK, STEP

1&2 Step left behind right, Turn ¼ right stepping forward on right, Step forward on left (3:00)
3-4 Step forward on right, Pivot ½ left (weight on left) (9:00)
5&6& Step forward on right, Lock left behind right, Step forward on right, Step forward on left
7-8 Lock right behind left bending knees slightly, Step forward on left straightening knees (9:00)

S3: SCUFF, ROCK & BACK & POINT & POINT & STEP, PIVOT ½, STEP

1-2& Scuff right forward hitching right knee slightly, Rock forward on right, Recover on left
3&4& Rock back on right, Recover on left, Point right to right side, Close right next to left
5&6 Point left to left side, Close left next to right, Step forward on right
7-8 Pivot ½ left on left, Step forward on right (3:00)

S4: L DOROTHY, R DOROTHY, L JAZZ BOX TOUCH

1-2& Step forward on left, Lock right behind left, Step forward on left
3-4& Step forward on right, Lock left behind right, Step forward on right (3:00)
5-6 Cross left over right, Step back on right
7-8 Step left to left side, Touch right next to left (angling body 1:30 prep) (3:00)

S5: ¼ R, SWEEP, TAP, BACK, SWEEP, ¼ R, ROCK, RECOVER, L COASTER STEP

1-2& Turn ¼ right stepping forward on right, Sweep left from back to front crossing left over right, Tap right behind left (6:00)
3-4& Step back on right, Sweep left from front to back stepping left behind right, Turn ¼ right stepping forward on right (9:00)
5-6 Rock forward on left, Recover on right
7&8 Step left back, Close right next to left, Step forward on left (9:00)

S6: R FORWARD HIP BUMPS, L FORWARD HIP BUMPS, CROSS, BACK & CROSS, POINT

1&2 Touch right toe forward to right diagonal bumping hips forward, back, forward (taking weight on right)
(Styling: Bump hips up & forward (1) down & back (&), down & forward (2))
3&4 Touch left toe forward to left diagonal bumping hips forward, back, forward (taking weight on left)
(Styling: Bump hips up & forward (3) down & back (&), down & forward (4))
5-6& Cross right over left, Step back on left, Step right to right side (squaring up to 9:00)
7-8 Cross left over right, Point right to right side

S7: R SAILOR, ¼ L SAILOR, R KICK BALL CHANGE, STEP, SLIDE

1&2 Cross right behind left, Step left in place, Step right to right side
3&4 Cross left behind right, Turn ¼ left stepping right in place, Step forward slightly on left (6:00)

* RESTART WALL 5

5&6 Kick right forward, Close right next to left, Step left in place
7-8 Long step forward with right, Slide left up to right taking weight on left (6:00)

S8: SYNCOPATED FORWARD ROCKS x 2, L FULL TURN

1-2& Rock right forward, Recover on left, Close right next to left

3-4& Rock left forward, Recover on right, Close left next to right

5-8 Turn left walking a full circle stepping right, left, right, left (6:00)

*** RESTART: Wall 5 restart dance after 52 counts (S7 after 4 counts)**

**ENDING: During Wall 7 dance S1 (cts 1-8) & add the following 1 count:
Cross left over right swinging both hands to right side and clicking fingers**

Site: www.boogie-shoes.co.uk
