

Body Cha

拍數: 32 牆數: 4 級數: Beginner
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音樂: El Bodeguero - Emmanuel



Sec 1 : Forward rock, back shuffle, back rock, forward shuffle

1-2 Rock forward on R, recover on L
3&4 Step back on R, step L next to R, step back on R
5-6 Rock back on L, recover on R
7&8 Step forward on L, step R next to L, step forward on L

Sec 2 : Forward, pivot ½ L, forward shuffle, forward, pivot ½ R, twist shuffle

1-2 Step forward on R, pivot ½ left (6:00)
3&4 Step forward on R, step L next to R, step forward on R
5-6 Step forward on L, pivot ½ right (12:00)
7&8 Step forward on L, step R next to L, step forward on L

Sec 3 : Side rock, behind side cross (R, L)

1-2 Rock side R to right side, recover on L
3&4 Step R behind L, step L to left side, cross R over L
5-6 Rock side L to left side, recover on R
7&8 Step L behind R, step R to right side, cross L over R

Sec 4 : Forward, pivot ¼ left, cross shuffle, side rock, cross shuffle

1-2 Step forward on R, pivot ¼ left (9:00)
3&4 Cross R over L, step L to left side, cross R over L
5-6 Rock side L to left side, recover R
7&8 Cross L over R, step R to right side, cross L over R

Tag after W6 (6:00)

1-4 Sway R L R L

Have fun.
