

# Body

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Andrico Yusran (INA) & Sofyan Anas (INA) - August 2020  
音樂: Your Body - Nomra



No Tag No Restart

Start Dance after intro Lyrics 32 counts

## S1# SAILOR STEPS - KNEE POPS - COASTER STEP - SIDE SLIDE - CLOSE

1&2      Step R cross behind L , L side , R to side  
3&4      Making Knee Pops ( bent knee down , up , down )  
5&6      L back , R close beside L , L forward  
7-8      R slightly to side , L close beside R

## S2# TOE TOUCHES - COASTER STEP - TRIPLE 1/2 TURN - PADDLE 1/4

1&2      Step R toe touch forward , R tap back , L toes touch  
3&4      L back , R close beside L , L forward  
5&6      R forward 1/2 turn to L , L in place , R forward  
7&8      L touch forward , L knee Up , L side 1/4 turn to L

## S3# PADDLE STEPS - SAILOR SIDE - SIDE TOUCH - HITCH - CROSS - SIDE - CROSS

1&2      Step R cross touch over L , R knee up , R side ( weight on L )  
3&4      R cross behind L , L side , R cross over L  
5&6      L side touch , L knee up , L cross over R  
7-8      R side , L cross touch behind R ( weight on R )

## S4# UNWIND 1/2 - LOCK SHUFFLE - TRIPLE 1/2 TURN - HITCH - SIDE - HITCH - SIDE

1-2      Making 1/2 turn to L , R side touch  
3&4      R forward , L lock behind R , R forward  
5&6      L forward 1/2 turn to R , R in place , L forward  
&7&8      R knee up , R side , L knee up , L side ( weight on L )

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