

Body Rhythm

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Body Rhythm - SHINee



Intro 16 count

[1-8] Across, Back, Triple Side, Across, Back, Triple Side

1 2 Across R over L(1), Step L back(2)
3 & 4 Step R to right side(3), Step L next to R(&), Step R to right side(4)
5 6 Across L over R(5), Step R back(6)
7&8 Step L to right side(7), Step R next to L(&), Step L to right side(8)

[9-16] Heel Swivel, Back Skate Step

1&2 RF Ball forward, RF Swivel heel out, RF Swivel heel in
3&4 LF Ball forward, LF Swivel heel out, LF Swivel heel in
5 6 RF Step backward, LF Step backward
7 8 RF Step backward, LF Step backward

[1-16] Repeat

[17-24] Toe touch, Hold, Step Side Knee Bounce, Step L Slide R, Flick RL Point R

1 2 RF Toe touch, Hold(option: body roll)
3 4 LF Side, Knee Bounce(option: Arm Circle)
5 6 LF Slide, RF Slide
7&8 LF Step side RF Flick, LF Flick, LF Toe Point

[25-32] Batucadas, L Knee Hitch Doubles, RF point Hold ×2

1&a2&a LF press ball forward(1), replace weight onto RF(&), step LF back(a) RF press ball
 forward(2), replace weight onto LF(&), step RF back(a)
3&4 1:30 LF Knee Hitch, R Behind close, LF Knee Hitch
5&6 LF Step together, RF Toe Touch 1:30, Hold(Wrist shake)
7&8 RF Step together, RF Toe Touch 1:30, Hold(Wrist shake)

[33-40] Step RF Side, Step LF Side, Back Step LF RF, Pop Knee ×2

1234 RF Side(1), LF Side(2), RF Side (3), LF Side(4)
56 LF Back walk 4:30, RF Back walk 4:30
7&8 LF Pop Knee, RF Close, LF Pop Knee

[41-48] RF Side Flick, RF Inside Flick, Back Knee Bent ×2

1234& RF Side Flick(1), RF Inside Flick(2), RF Side Flick(3), RF Back Knee bent(4), Knee bent(&)
5&6 RF Press ball diagonal 1:30, RF close, Slide
7&8 LF Step Side, RF Step Side, Body Roll

[33-48] Repeat (Option-[41-48] Variation)

[Tag1]

[1-8] R Step and Body Roll or Chest Bump

1234 R Step Side, Body Roll
5678 Chest Bump

[Tag2]

[1-16] Body Roll Left, LF hitch, Body Roll R, RF hitch, Moon walk RL, Poppin Walk RLRL, Kick LRLR

1234 Body Roll, LF Hitch
5678 Body Roll, RF Hitch

9-12 RF Step Tap, RF Step Back, LF Step Tap, LF Step Back, Poppin Walk
13-16 LF Step Kick, RF Step Kick, LF Step Kick, RF Step Kick

[Restart] - After 3wall
