

# Body Ya

拍數: 32      牆數: 4      級數: High Beginner  
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音樂: September - Earth, Wind & Fire



Starts: 40 counts

## [1 – 8] SLIDE X2, SIDE MAMBO STEP X2

1 2      Side step R as you drag L besides R  
3 4      Side step L as you drag R besides L  
5&6      R side rock, recover on L, step R besides L  
7&8      L side rock, recover on R, step L besides R

## [9 – 16] SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH, HOLD, SIDE HOP TOE TOUCH X4

&1 2      R side hop step, L toe touch besides R, hold  
&3 4      L side hop step, R toe touch besides L, hold  
&5&6      R side hop step, L toe touch besides R, L side hop step, R toe touch besides L  
&7&8      R side hop step, L toe touch besides R, L side hop step, R toe touch besides L

**EZ Option: Change the last 4 counts to R side step while hips sway R(5), hips sway L(6), hips sway R(7), hips sway L(8)**

**FLAIR: Flail both arms up towards the direction you are hopping/swaying, I highly recommend!**

## [17 – 24] VINE R CLAP, VINE L WITH ¼ TURN L CLAP

1 2      R side step, L cross behind R  
3 4      R side step, L toe touch besides R and clap  
5 6      L side step, R cross behind L  
7 8      ¼ turn L with L stepping forward, R toe touch besides L and clap 9:00

**FLAIR: Rolling vine towards the L for the last 4 counts: ¼ turn L with L stepping forward, ½ turn L with R stepping back, ½ turn L with L stepping back, toe touch R besides L and clap**

## [25 – 32] SIDE STEP SHIMMY, TOE TOUCH, HOLD, SIDE STEP SHIMMY, TOE TOUCH, HOLD

1 2      R side step and shimmy your shoulders  
3 4      L toe touch besides R, hold  
5 6      L side step and shimmy your shoulders  
7 8      R toe touch besides L, hold

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