Body is Talking EZ



編舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 9 September 2022

音樂: Body Language - J Rivers



Start: 4 s. approximately, On the lyrics No Tag – No Restart

[1-8] Walk, Walk, Mambo, Mambo, Cross

1-2 RF FW, LF FW

3&4 RF FW, Recover to LF, RF back 5&6 LF Back, Recover to RF, LF FW

7&8 RF to the R side, Recover to LF, Cross RF over to LF

[9-16] Bump, Bump, Bump, Bump, Sway, Sway, Sway, Sway

1-2 L bump, L bump 3-4 R bump, R bump 5-6 L sway, R sway

7-8 L sway, R sway (weight is on RF)

[17-24] L chassé, Rock step, R chassé, Rock step

1&2 LF to the L side, RF next to LF, LF to the L side

3-4 RF back, Recover to LF

5&6 RF to the R side, LF next to RF, RF to the R side

7-8 LF back, Recover to RF

[25-32] Jazz box ¼ L, Back, Back, Back, Touch

1-2 Cross LF over RF, Make ¼ L with RF back

3-4 LF to the L side, Cross RF over LF

5-6 LF back, RF back

7-8 LF back, Touch RF next to LF

Smile et enjoy the dance

Contact: maellynedance@gmail.com