

Let's Move Ya Body

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Penny Tan (MY) - May 2023
音樂: Move Ya Body - Nina Sky



Intro:32 Counts - *No tag No restart!

SEC1:MAMBO STEPS

1&2 Step RF to R ,recover on L,step RF next to LF
3&4 Step LF to L,recover on R,step LF next to RF
5&6 Step RF fwd ,recover on L ,step RF back
7&8 Step LF back,recover on R ,step LF fwd

* Optional: Shimming and fwd body for count 5& , recover 6 . Shimming and a bit leaning body back for count 7& , recover 8.

SEC2:MERENGUE R

1-4 Step RF to R, step LF next to RF, step RF to R, Step LF next to RF
5-8 Step RF to R, step LF next to RF, step RF to R, touch LF next to RF

SEC3:MERENGUE L

1-4 Step LF to L,step RF next to LF,step LF to L,step RF next to LF
5-8 Step LF to L,step RF next to LF,step LF to L,touch RF next to LF

SEC4:PADDLE ½ TURN L , FWD , PADDLE ½ TURN R, FWD

1&2&3&4 Point R toe fwd ,turn ¼ L , point R toes fwd ,1/8 turn L, point R toes fwd ,1/8 turn L , step RF fwd (6:00) * Weight on L when you paddle turn
5&6&7&8 Point L toes fwd ,1/4 turn R ,point L toes fwd ,1/8 turn R ,point L toes fwd,1/8 turn R ,step LF fwd (12:00) * Weight on R when you paddle turn

SEC5:TOE STRUT,1/4 TURN L TOE STRUT

1-4 Touch R toes fwd / diagonally, step down RF in place , touch L toes fwd / diagonally , step down LF in place
5-8 ¼ turn R , touch R toes fwd / diagonally, step down RF in place , touch L toes fwd / diagonally , step down LF in place

SEC6:1/4 TURN R CROSS ,TOUCH ,BACK , TOUCH, STOMP FWD , HOLD (R-L)

1-2 ¼ turn R ,cross RF over LF ,touch LF to L
3-4 Cross LF behind RF ,touch RF to R
5-6 Stomp RF fwd,hold
7-8 Stomp LF fwd ,hold (6:00)

Have fun and happy dancing!

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