

Slam Your Body Down

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Phrased Beginner
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音樂: Wannabe - Spice Girls



Sequence: AB - AB - B - AB- B-B-B---B(16 counts)

Intro: 8 Counts

PART A: 16c

SECTION 1 STOMP, TWIST, TWIST, COASTER STEP, STOMP, TWIST, TWIST, COASTER STEP

1&2 [1] Stomp R foot front [&2]Twist R Heel out & in
3&4 Step R back , step L together with R, Step R forward
5&6 [5] Stomp L foot front [&6]Twist L Heel out & in
7&8 Step L back , step R together with L, Step L forward

SECTION 2 MODIFIED V, 4 HEEL BOUNCES W/ HIP CIRCLE, SWIVEL HEELS,TOES, HEEL

1-2 Step R to R front diagonal, Step L to L front diagonal
3-4 Step R back, Step L back, with legs apart
5&6& Bounce heels 4 times while making a clockwise semi hip circle (hips L, front, front, R)
7&8 Swivels heels to the left, swivel toes to the left, Swivels L to the left & pop R knee side

PART B: 32c

SECTION 1 WALK, WALK, SHUFFLE FRONT , ROCK, RECOVER, SHUFFLE BACK

1-2 Walk forward R, walk forward L
3&4 Step R forward, Step L together with R, Step R forward
5-6 Rock forward L, Recover R
7&8 Step L backward , step R together with L, Step L backward

SECTION 2 ZIG ZAG BACK, ZIG ZAG FRONT

1-2 Step R backward to R diagonal. Touch L next to R (optional clap).
3-4 Step L backward to L diagonal. Touch R next to L (optional clap).
5-6 Step R forward to R diagonal. Touch L next to R (optional clap).
7-8 Step L forward to L diagonal. Touch R next to L (optional clap).

SECTION 3 SIDE, BEHIND, SHUFFLE SIDE, SIDE, BEHIND SHUFFLE FRONT

1-2 Step R to R side, Step L behind R
3&4 Step R to R side, Step L together with R, Step R to R side
5-6 Step L to L side, Step R behind L
7&8 Step L and make a ¼ turn to the L , Step L together with R, Step L forward

SECTION 4 STEP, POINT SIDE, STEP, HIP BUMP STEP, POINT SIDE, STEP, HIP BUMP

1-2 Step R in place, Point L to L side
3-4 Step L in place, Bump R hip front
5-6 Step R in place, Point L to L side
7-8 Step L in place, Bump R hip front

Styling option for Section 4 on walls 5&7- Lean all the way over and hit the floor with your left hand on counts 2 & 6. Music cue "Slam your body down".

ENDING – Dance only the first 16 counts of "B" (you'll be facing 3:00). Then face 12:00 & hold a Jazzy pose on the last lyrics "If you wannabe my lover".

