

Touching My Body

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Joanne Wong (MY)
音樂: Touching My Body - Danity Kane



KICK, OUT, OUT, BALL CROSS, SIDE, BALL CROSS, KICK, OUT, OUT, TOUCH

1&2 Kick right forward, step right to right side, step left to left side
&3-4 Step left beside right, cross right over left, step left to left side
&5 Step right beside left, cross left over right
6&7 Kick right forward, step right to right side, step left to left side
8 Touch right behind left

STEP TOUCH TWICE, UNWIND $\frac{3}{4}$ RIGHT, BODY ROLL

1-2 Step right to right side, touch left behind right
3-4 Step left to left side, touch right behind left
5-6 Unwind $\frac{3}{4}$ turn right, weight on right foot
7-8 Do a body roll from bottom to top

HIP BUMPS, FLICK $\frac{1}{4}$ LEFT, KICK, HITCH, COASTER STEP

1-2 Bump hips to right side, bump hips to left side
3&4 Bump hips to right side, bump hips to left side, flick right foot back, making a $\frac{1}{4}$ turn left
5-6 Kick right forward, hitch right foot up
7&8 Step back on right, step left beside right, step forward on right

SKATE TWICE, FORWARD TWICE, TOUCH, BACK, TOUCH, KICK, STEP, TOGETHER

1-2 Skate left to left side, skate right to right side
3&4 Step left foot forward to left diagonal, facing diagonally left, step forward on right, touch forward on left
5-6 Step back on left, facing 9:00, touch back on right
7&8 Kick forward on right, step right beside left, step left foot in place

HIP BUMPS, $\frac{1}{4}$ TURN RIGHT, BEND FORWARD, STRAIGHTEN UP, HIP BUMPS

1-2 Bump hips to right side, popping left knee forward, bump hips to left side, popping right knee forward
3&4 Step right to right side, bumping hips to right side, bump hips to left side, bump hips to right side
&5-6 Step left beside right, making a $\frac{1}{4}$ turn right, bend body forward, straighten body to standing position
7&8 With feet together, bump hips to left side, popping right knee forward, bump hips to right side, popping left knee forward, bump hips to left side, popping right knee forward

FLICK WITH SLAPS, SIDE, SLAPS, SIDE, SWAYS, STEP $\frac{1}{4}$ RIGHT, SWEEP $\frac{3}{4}$ RIGHT

1&2 Flick right foot back, making a $\frac{1}{4}$ turn left and slap right hand on right thigh, with right foot still flicked back, slap left hand on right thigh, step right to right side
&3-4 Slap right hand on left foot, slap left hand on left foot, step left to left side
5-8 Sway hips to right side, sway hips to left side, step forward on right, making a $\frac{1}{4}$ turn right, sweep left around right making a $\frac{3}{4}$ turn right, weight ending on right

REPEAT

TAG

At the end of wall 4, facing 12:00, do the last 16 counts again and then restart the dance again, facing 12:00

