

# Your Body

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Paul Foxall (UK)  
音樂: Your Body - Tom Novy



- 1-4      Walk forward right, left, walk back right left  
5-8      Rock right to the right side, recover, rock right foot behind left, recover
- 1-4      Walk forward right, left, pivot ½ turn right on balls of both feet, turn ½ right stepping back on left  
5-8      Walk round 1 full turn right, left, right, left
- 1-2      Rock right foot to the right side, recover  
3&4      Step right behind left, step left to the left side, step right across left  
5-6      Stomp left foot to the left side, hold  
7-8      Swing hips left to right, slightly bending the knees (keep weight on left)
- 1&2      Right coaster step  
3-4      Step forward left, pivot ½ turn right  
5-6      Turn ½ right stepping back on left, hold  
7-8      Rock back on right, recover
- 1-2      Walk forward right, left  
&3-4      Rock right to right side turning ¼ of a turn to the left, cross right over left  
5-6      Stomp left to left side, hold  
&7-8      Step right next to left, step left to left side, step right next to left
- 1-2      Rock left to left side, recover  
3&4      Step left behind right, step right to right side, step left across right  
5-6      Rock right foot to right side, recover  
7-8      Rock right foot behind left, recover
- 1-2      Step right foot forward, pivot ½ turn left  
3-4      Step right foot forward, pivot ¼ turn left  
5-6      Step right across left, step left to left side  
7&8      Step right behind left, step left to left side, step right across left
- 1-2      Step left to left side, hold  
&3-4      Step right next to left, step left across right, step right to right side  
5-6      Touch left toe back, turn ½ turn left as you step on it  
7-8      Rock right to right side as you turn ¼ turn left, recover

**REPEAT**

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