

If I Said (You Had A Beautiful Body)

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BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Sarah Fenn-Tye (UK)
音樂: If I Said You Had a Beautiful Body - The Bellamy Brothers



LEFT FOOT SIDE, RIGHT FOOT BACK ROCK & REPLACE WEIGHT FORWARD TO LEFT FOOT, RIGHT FOOT FORWARD & CLOSE & SIDE, 2 X ROLLING SAILOR SHUFFLES (LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT)

- 1 Step left foot to the side
- 2 Rock back on right foot
- 3 Replace weight forward to left foot
- 4 Step right foot forward
- & Close left foot beside right foot
- 5 Step right foot side & slightly forward (feet hip width apart)
- 6 Cross left foot behind right foot (swaying body left)
- & Step ball of right foot diagonally forward (rolling body backwards to the right)
- 7 Step left foot diagonally forward (swaying body right)
- 8 Cross right foot behind left foot (swaying body right)
- & Step right foot diagonally forward (rolling body backwards to the left)
- 1 Step right foot diagonally forward (swaying body left)

LEFT FOOT FORWARD TO PIVOT TURN ½ RIGHT, SWIVEL ½ RIGHT ON RIGHT FOOT, 3 X BACK LOCKS (LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT)

- 2 Step left foot forward
- 3 Pivot on left foot to turn ½ right ending weight on right foot
- & Swivel on ball of right foot a further ½ right
- 4 Step left foot back
- & Cross ball of right foot in front of left foot
- 5 Step left foot back
- 6 Step right foot back
- & Cross ball of left foot in front of right foot
- 7 Step right foot back
- 8 Step left foot back
- & Cross ball of right foot in front of left foot
- 1 Step left foot back

ROCK RIGHT FOOT BACK & REPLACE WEIGHT FORWARD, SHUFFLE FORWARD (RIGHT-LEFT-RIGHT)

- 2 Rock back on right foot
- 3 Replace weight forward to left foot
- 4 Step right foot forward
- & Close left foot behind right foot (5th position)
- 5 Step right foot forward

ROCK LEFT FOOT FORWARD & REPLACE WEIGHT BACK & RONDE LEFT FOOT BACKWARDS, ROCK LEFT FOOT BACK & REPLACE WEIGHT FORWARD, STEP LEFT FOOT TO SIDE

- 6 Rock left forward & across in front of right foot
- 7 Replace weight back to right foot & ronde/circle left foot backwards (in semi circle)
- 8 Cross left foot behind right foot
- & Replace weight forward onto right foot
- 1 Step left foot to side (long step) dragging right foot toe (swaying body to right)

ROCK RIGHT FOOT FORWARD & REPLACE WEIGHT BACK (¼ TURN RIGHT) & RIGHT SIDE, ROCK LEFT FOOT BACK & REPLACE WEIGHT FORWARD (¼ RIGHT) & LEFT FOOT SIDE

- 2 Rock right foot forward across in front of left foot
- & Replace weight back to left foot (swivel on left foot to turn ¼ right)
- 3 Step right foot to side (long step) dragging left foot toe (swaying body to left)
- 4 Rock left foot back
- & Replace weight forward to right foot (swivel on right foot to turn ¼ right)
- 5 Step left foot to side (long step) dragging right foot toe (swaying body to right)

ROCK RIGHT FOOT FORWARD & REPLACE WEIGHT BACK (¼ TURN RIGHT) & RIGHT SIDE, ROCK LEFT FORWARD, FORWARD & REPLACE WEIGHT BACK & STEP LEFT FOOT TO SIDE (SMALL STEP)

- 6 Rock right foot forward across in front of left foot
- & Replace weight back to left foot (swivel on left foot to turn ¼ right)
- 7 Step right foot to side (long step) dragging left foot toe (swaying body to left)
- 8 Step left foot forward
- & Replace weight back to right foot
- 1 Step left foot side (small step)

MOVING LEFTWARDS - STEP RIGHT FOOT ACROSS IN FRONT LEFT FOOT, STEP LEFT FOOT TO SIDE, 3 X CROSS BALL CHANGES (BOTO FOGOS) TRY TO KEEP SHOULDERS FACING FRONT THROUGHOUT

- 2 (Swiveling on left foot slightly left) step right foot forward across in front of left foot
- 3 (Swiveling on right foot to face front) step left foot to side
- 4 (Swiveling on left foot 1/8 left) step right foot forward across in front of left foot
- & Place inside edge of ball of left foot to side (straight leg)
- 5 Replace weight to right foot (turning right foot to point ¼ right)
- 6 Step left foot forward across in front of right foot
- & Place inside edge of ball of right foot to side (straight leg)
- 7 Replace weight to left foot (turning left foot to point ¼ left)
- 8 Step right foot forward across in front of left foot
- & Place inside edge of ball of left foot to side (straight leg)
- 1 Replace weight to right foot (turning right foot to point ¼ right)

MOVING RIGHTWARDS - STEP LEFT FOOT ACROSS IN FRONT RIGHT FOOT, STEP RIGHT FOOT TO SIDE, 3 X CROSS BALL CHANGES (BOTO FOGOS) TRY TO KEEP SHOULDERS FACING FRONT THROUGHOUT

- 2 Step left foot forward across in front of right foot
- 3 (Swiveling on left foot to face front) step right foot to side
- 4 (Swiveling on right foot 1/8 right) step left foot forward across in front of right foot
- & Place inside edge of ball of right foot to side (straight leg)
- 5 Replace weight to left foot (turning left foot to point ¼ left)
- 6 Step right foot forward across in front of left foot
- & Place inside edge of ball of left foot to side (straight leg)
- 7 Replace weight to right foot (turning right foot to point ¼ right)
- 8 Step left foot forward across in front of right foot
- & Place inside edge of ball of right foot to side (straight leg)
- 1 Replace weight to left foot (turning left foot to point ¼ left)

PIVOT TURN ½ LEFT, SHUFFLE FORWARD (RIGHT-LEFT-RIGHT), PIVOT TURN ½ RIGHT, 1 X HIP BUMP WALK (LEFT-RIGHT-LEFT)

- 2 (Swivel 1/8 left on ball of left foot) step right foot forward
- 3 Pivot on right foot turning ½ left ending weight on left foot
- 4 Step right foot forward
- & Close ball of left foot behind right foot (5th position)

- 5 Step right foot forward
- 6 Step left foot forward
- 7 Pivot on left foot turning $\frac{1}{2}$ right ending weight on right foot
- 8 Touch left foot ball forward bumping hips forward/leftwards (keeping weight on right foot)
- & Bump hips right
- 1 Bump hips left (transferring weight forward onto left foot)

2 X HIP BUMP WALKS (RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT), RIGHT FOOT FORWARD TO SPIRAL $\frac{3}{4}$ LEFT, LEFT TO SIDE & CLOSE RIGHT FOOT TO LEFT FOOT

- 2 Touch right foot ball forward bumping hips forward/rightwards (keeping weight on left foot)
- & Bump hips left
- 3 Bump hips right (transferring weight forward onto right foot)
- 4 Touch left foot ball forward bumping hips forward/leftwards (keeping weight on right foot)
- & Bump hips right
- 5 Bump hips left (transferring weight forward onto left foot)
- 6 Step right foot (swivel/spiral $\frac{3}{4}$ left on right foot)
- 7 End weight on right foot, left foot wrapped in front of right foot
- 8 Step left foot to side
- & Close right foot beside left foot

REPEAT
