

Body Double (P)

拍數: 36 牆數: 4 級數: Advanced partner dance
編舞者: Andie Ghidiu (USA)
音樂: Been There - Clint Black & Steve Wariner



Position: Partners facing 1/4 right of front, the lady about one step behind the man with right palm resting on mans back, both have right toe touched forward and right knee bent

BODY ROLL, PIVOT-THEN-SPIN, 2 RIB SHIFTS, ROCK-RECOVER-CROSS

1-2-3&4 Two-count body roll, pivot $\frac{1}{4}$ left to face front (lady drops hand), spin a full turn right on right foot, step down on left to end feet apart
5-6-7&8 Rib cage left, then right, rock weight slightly to left foot, push off to end weight on right, cross left just in front of right

SCUFF-HITCH-STEP, SCUFF-HITCH-TURN, 2 RIB SHIFTS, CIRCLE AROUND

1&2 Scuff right foot forward, slight hitch, step right foot in front of left (body will angle left)
3&4 Scuff left foot forward hitching slightly, turn $\frac{3}{4}$ right on right foot, step down to end feet apart

Man is now behind lady

5-6 **MAN:** Lean left, lean right
 LADY: Lean right, lean left
7&8 **MAN:** Circle body from right, to standing, to left, to center
 LADY: Circle body from left side, to low center, to right side, to standing

Option: circle in opposite directions

TURN-STEP, STEP, SAILOR SHUFFLE, LUNGE-RECOVER, STEP-PIVOT-STEP

& Both pivot $\frac{1}{4}$ left on left
1 **MAN:** With right hand behind lady's back at her waist steps side right on right in front of lady's left
 LADY: Step a little forward and side right on right
2 **MAN:** Step side left on left
 LADY: Step side left on left in front of man's right
&3&4 Both step right behind left, step left to left side, return right to center
On final step, man should slide his right foot in next to lady's left. Lady should end close to man
5 **MAN:** Lunge left with left foot bringing lady's weight with him
 LADY: Bend right knee and lean left side against man
6 Both return to standing position

Man will slide left in next to right

7&8 **MAN:** Step forward on right, pivot $\frac{1}{2}$ left, step forward on right
 LADY: Step forward left, pivot $\frac{1}{2}$ right, step forward on left

Partners now side by side but not touching

STEP, PIVOT, PIVOT, LOOK, RECOVER, PIVOT, POSE, FACE

1-2 **MAN:** Step forward left, pivot $\frac{1}{4}$ left on left and step side right with right
 LADY: Step forward right, pivot $\frac{1}{4}$ right on right and step side left on left
3-4 **MAN:** Pivot $\frac{1}{2}$ left on right and step side left on left, shift weight to lean right and looks over left shoulder at partner
 LADY: Pivot $\frac{1}{2}$ right on left and step side right on right, shift weight to lean right and look over left shoulder
5-6 **MAN:** Face forward again, pivot $\frac{1}{2}$ right on right and step side left with left
 LADY: Face forward again, pivot $\frac{1}{2}$ left on left and touch side right with right
7-8 **MAN:** In closed position, shift weight to left turning lady $\frac{1}{4}$ right into pose

LADY: Turn $\frac{1}{4}$ right bending right knee so that right toe is pointed toward floor and rests along left calf

8 Man shifts to center returning lady to closed

TURN, TURN, TURN-AND-TOUCH

In closed position and turning as one unit

&1&2 MAN: Pivot $\frac{1}{2}$ right on left foot, step down on right, pivot $\frac{1}{2}$ right on right foot, step down on left

LADY: $\frac{1}{2}$ Right on right foot, step down on left, pivot $\frac{1}{2}$ right on left foot, step down on right

3&4 MAN: Execute a three step $\frac{3}{4}$ turn right ending with touch right

LADY: Hold turning body $\frac{1}{8}$ right, step left next to right lifting right at same time, turn another $\frac{1}{8}$ right and touch right foot forward

Both are now in starting position facing $\frac{1}{4}$ right of beginning wall

REPEAT
