

Body Rock

拍數: 40 牆數: 4 級數: Beginner
編舞者: Cindi Talbot (CAN)
音樂: Everybody (Backstreet's Back) - Backstreet Boys



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| 1-4 | Step back-turning body at an angle with each step-right-left-right-left |
| 5&6 | Step slide step right-left-right to the right-pushing right hip out |
| 7&8 | Step slide step left-right-left to the left-pushing left hip out |
| 9-12 | Walk forward swaying body by pushing hips forward -right-left-right-left |
| 13&14 | Step slide step right-left-right to the right |
| 15&16 | Step slide step left-right-left to the left |
| 17-18 | Long step to right, leaning body left, slide left foot to meet right |
| 19&20& | Rock hips-left-right-left return weight to right foot |
| 21-22 | Long step to left, make ½ turn by swinging body to the left and step right next to left |
| 23&24 | Rock shoulders-right-left-right-(right shoulder goes down first, as left goes up) |
| 25-26 | Long step left, leaning body right, slide right foot to meet left |
| 27&28& | Rock hips right-left-right, (bring weight back on left) |
| 29-30 | Long step right, make ½ turn by swinging body to the left and step left next to right |
| 31&32 | Rock shoulders left-right-left |
| 33&34 | Right-kick ball change |
| 35-36 | Step right forward & pivot ¼ left |
| 37-38 | Step right over left, touch left toe side |
| 39-40 | Step left over right, touch right toe side |

REPEAT
