

Body Talk

拍數: 64 牆數: 4 級數: Intermediate
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音樂: I Wanna Be U - Chocolate Puma



MASH POTATO STEPS BACK, LEFT AND RIGHT WIZARD OF OZ STEPS

- &1&2&3&4 Swivel both heels out, swivel both heels in, placing right slightly behind left swivel both heels out, swivel both heels in, placing left slightly behind right (traveling backwards) repeat above steps
- &5-6 Step right ball to right side, step left forward to left diagonal, lock right behind left
- &7-8 Step left ball to left side, step right forward to right diagonal, lock left behind right (weight remaining on the right foot)

¼ TURN RIGHT, DRAG, HIPS TWICE, STEP DRAG, HIPS TWICE

- 1-4 Make a ¼ turn right stepping left to left side, drag right next to left and rotate hips to the left twice
- 5-8 Step right to right side, drag left next to right and rotate hips to the right twice

TOUCH, ¼ TURN LEFT, TOUCH, TOGETHER, TWICE

- 1-4 Touch left toe forward, ¼ turn left stepping left next to right, touch right toe out to right side, bring back to place
- 5-8 Touch left toe forward, ¼ turn left stepping left next to right, touch right toe out to right side, touch right next to left

FORWARD ROCK, RECOVER, ¾ TRIPLE TURN, FORWARD ROCK, RECOVER, COASTER STEP

- 1-2 Rock right forward, recover on to left
- 3&4 ¾ triple turn right, stepping right, left, right
- 5-6 Rock left forward, recover on to right
- 7&8 Left coaster step

SIDE LUNGING KNEE POPS, KNEE POPS BACK TO PLACE

- 1-2 Weight on left, touch right toe out to right side, while popping right knee out, in (lunge or lean to the right side)
- 3&4 Pop right knee out, in, out (continue with the lunge to the right side) - (with attitude)
- 5-6 Weight remaining on left, pop right knee in, out (bringing weight slightly back to center)
- 7&8 Pop right knee in, out, in (weight remaining on left, weight should now be back to the center)

DIAGONAL STEP LOCK, DIAGONAL SHUFFLE, ¼ TURN LEFT, DIAGONAL STEP LOCK, DIAGONAL SHUFFLE

- 1-2 Step right diagonally forward, lock left behind right
- 3&4 Step right diagonally forward, bring left next to right, step right diagonally forward
- 5-6 ¼ turn left, stepping left diagonally forward, lock right behind left
- 7&8 Step left diagonally forward, bring right next to left, step left diagonally forward

ROCK RECOVER, ½ TURN TWICE

- 1-4 Rock forward on right, recover on left, ½ turn right, stepping right next to left and hold for 1 count
- 5-8 Repeat on the left

POINT CROSS TWICE, POINT CROSS UNWIND ½ TURN WITH SWIVELS

- 1-4 Point right toe to right side, cross right over left, repeat on the left
- 5-6 Point right toe to right side, cross over left

7&8

While unwinding $\frac{1}{2}$ turn over your left shoulder, swivel heels right, left, right, (weight ending on left foot)

REPEAT
