

Body 2 Body

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ed Lawton (UK) & Kate Sala (UK)
音樂: Body to Body, Heart to Heart - Cher



CROSS SAMBA TWICE, MAMBO ¼ TURN, MAMBO BACK

1&2 Cross step right over left, step left diagonally forward to left, step right next to left
3&4 Cross step left over right, step right forward to right diagonal, step left next to right
5&6 Rock forward on right, recover back on to left, turn ¼ right stepping right to right side
7&8 Rock back on to left, recover forward on to right, step forward on to left

FULL TURN LEFT, ROCK & HITCH ¼ TURN, BACK STEP, & CROSS X 3

1-2 Turn ½ left stepping back on right, turn ½ left stepping forward on left
3&4 Rock forward on right, recover back on to left, turn ¼ right hitching right knee up & turning the knee out
5 Cross step right behind left
6&7&8 Cross step left over right, step right twice, cross step left over right

WALK FORWARD ON RIGHT, LEFT, TAP FORWARD, SIDE TAP, BALL CHANGE, HITCH WITH ¼ TURN LEFT, CROSS SHUFFLE

1-2 Walk forward on right, walk forward on left
3-4&5 Tap right toe forward, tap right toe to right side, step back on ball of right, step forward on left
6 Turn ¼ left on ball of left hitching right knee & turning the knee out
7&8 Cross step right over left, step left to left side, cross step right over left

FORWARD DIAGONAL WITH ¼ TURN, BACK DIAGONAL WITH ¼ TURN, FULL TURN, SIDE, DRAG

1& Turn 1/8 left stepping left forward on to the diagonal, turn ¼ left stepping right to right side
2-3 Step left next to right, step back on right
&4 Turn 1/8 left stepping left to left side, cross step right over left
5-6 Turn ¼ left stepping forward on left, turn ½ left stepping back on right
7-8 Turn ¼ left taking long step left to left side, slide right in towards left

REPEAT
