Bodytalk

級數: Improver



音樂: Bodytalk - Anabelle



- Step right foot in place while pushing left hip to side 1
- 2 Step left foot in place while pushing right hip to side
- 3&4 Cross step right behind left, step left to side, step right in place

STEP IN PLACE LEFT & RIGHT WITH HIP PUSHES, LEFT SAILOR SHUFFLE

- 5 Step left foot in place while pushing right hip to side
- 6 Step right foot in place while pushing left hip to side
- 7&8 Cross step left behind right, step right to side, step left in place

STEP SLIDE, FORWARD RIGHT SHUFFLE, STEP, RIGHT ½ TURN WITH HOOK, FORWARD RIGHT SHUFFLE

- 1-2 Step forward on right foot, slide left foot up to right foot in 5th position (toe to heel)
- 3&4 Shuffle forward right, left, right
- 5-6 Step forward on left foot, turn 1/2 to right at same time hook right foot in front of left
- 7&8 Shuffle forward right, left, right

ROCK STEP, COASTER STEP, STEP SIDE, TOGETHER, CHASSE' RIGHT

- 1-2 Rock forward on left foot, recover weight to right
- 3&4 Step back on left foot, step right foot beside left, step left foot forward
- 5-6 Step side right on right, step left foot beside right
- 7&8 Step side right on right, step left beside right, step right slightly to side

CROSS ROCK, LEFT ¼ TURN WITH SAILOR SHUFFLE, STEP TOUCH, STEP TOUCH

- 1-2 Rock left foot forward and across right, recover weight to right
- 3&4 Cross left foot behind right and turn ¼ to left, step right foot to side, step left in place (sailor shuffle)
- 5-6 Step forward on right, touch left toe next to right
- 7-8 Step forward on left, touch right toe next to left

REPEAT





牆數:4