

Slam Your Body Down

COPPER KNOB
STEPSHEETS

Count: 48

Wand: 4

Ebene: Phrased Beginner

Choreograf/in: Lidia Landon Michael (USA) - March 2024

Musik: Wannabe - Spice Girls



Sequence: AB - AB - B - AB- B-B-B---B(16 counts)

Intro: 8 Counts

PART A: 16c

SECTION 1 STOMP, TWIST, TWIST, COASTER STEP, STOMP, TWIST, TWIST, COASTER STEP

- 1&2 [1] Stomp R foot front [&2] Twist R Heel out & in
- 3&4 Step R back , step L together with R, Step R forward
- 5&6 [5] Stomp L foot front [&6] Twist L Heel out & in
- 7&8 Step L back , step R together with L, Step L forward

SECTION 2 MODIFIED V, 4 HEEL BOUNCES W/ HIP CIRCLE, SWIVEL HEELS, TOES, HEEL

- 1-2 Step R to R front diagonal, Step L to L front diagonal
- 3-4 Step R back, Step L back, with legs apart
- 5&6& Bounce heels 4 times while making a clockwise semi hip circle (hips L, front, front, R)
- 7&8 Swivels heels to the left, swivel toes to the left, Swivels L to the left & pop R knee side

PART B: 32c

SECTION 1 WALK, WALK, SHUFFLE FRONT , ROCK, RECOVER, SHUFFLE BACK

- 1-2 Walk forward R, walk forward L
- 3&4 Step R forward, Step L together with R, Step R forward
- 5-6 Rock forward L, Recover R
- 7&8 Step L backward , step R together with L, Step L backward

SECTION 2 ZIG ZAG BACK, ZIG ZAG FRONT

- 1-2 Step R backward to R diagonal. Touch L next to R (optional clap).
- 3-4 Step L backward to L diagonal. Touch R next to L (optional clap).
- 5-6 Step R forward to R diagonal. Touch L next to R (optional clap).
- 7-8 Step L forward to L diagonal. Touch R next to L (optional clap).

SECTION 3 SIDE, BEHIND, SHUFFLE SIDE, SIDE, BEHIND SHUFFLE FRONT

- 1-2 Step R to R side, Step L behind R
- 3&4 Step R to R side, Step L together with R, Step R to R side
- 5-6 Step L to L side, Step R behind L
- 7&8 Step L and make a ¼ turn to the L , Step L together with R, Step L forward

SECTION 4 STEP, POINT SIDE, STEP, HIP BUMP STEP, POINT SIDE, STEP, HIP BUMP

- 1-2 Step R in place, Point L to L side
- 3-4 Step L in place, Bump R hip front
- 5-6 Step R in place, Point L to L side
- 7-8 Step L in place, Bump R hip front

Styling option for Section 4 on walls 5&7- Lean all the way over and hit the floor with your left hand on counts 2 & 6. Music cue "Slam your body down".

ENDING – Dance only the first 16 counts of "B" (you'll be facing 3:00). Then face 12:00 & hold a Jazzy pose on the last lyrics "If you wannabe my lover".

