My Body Song

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Penny Tan (MY) & Flora Lau (MY) - October 2017
Music: Body Song - Elena

Intro – 16 Counts from first beat of music

Section 1: Side, Behind, Recover, Side, ¼ L Back, Back Coaster, Forward, Pivot ½ L, Forward, Forward

1 2 & 3	L to L side, R behind L, Recover on L, ¼ turn to L, Stepping back on R
4 & 5	Step L back, R beside L, L Forward
6 & 7	Forward on R, ½ turn to L recovering on L, Forward On R
8	Step L Forward

Section 2: Half Diamond, Rumba Box

1 & 2	Cross R over L, Step L to L side, 1/8 turn R stepping R back
3 & 4	Cross L behind R, 1/8 turn R stepping R to R side
5 & 6	Step R to R side, Step L beside R, R forward
7 & 8	L to L side, R beside L, Back on L

Section 3: R Back Rock, Recover, R Forward Cha Cha, L Forward, ¼ Turn R, Cross L over R, Side Rock, Recover

1 & 2	Step R back (Sit back abit with head ½ turn to look Back), Recover on L
3 & 4	Step R forward, Lock L behind R, Step R Forward
5 & 6	Step L Forward, ¼ turn to R recovering on R, Cross L over R
7 8	Step R to R side, Recover on L

Section 4: Behind, Side, ¼ turn L Forward, L Forward Rock, Recover, ¼ turn L, Syncopated Jazz Box with a Hitch, Cross Shuffle

1 & 2	Step R behind L, Step L to L side, ¼ turn L Stepping R Forward
3 & 4	L Forward Rock, Recover on R, ¼ turn L stepping L to L side
5 a 6 a	Cross R over L, Step L to L side, R to R side, Cross L over R with a Hitch
7 & 8	Cross R over L, L to L side, Cross R over L

No Tag No Restart

Enjoy & have fun !!

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