Body Outta Sight

拍数: 32

级数: High Improver

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音乐: Rock That Body - Black Eyed Peas

Tag Restarts: 2

(Intro is 64 counts. Start on lyrics "I wanna da, I wanna dance in the lights...)

[1-8] SAILOR STEP L, SAILOR STEP R, WEAVE R, ROCK ON R RECOVER AND CROSS RF OVER LF.

- Cross LF behind RF. Step RF to the right. Step LF in place. 1&2
- 3&4 Cross RF behind LF. Step LF to the Left. Step RF in place.
- 5&6 Step LF behind RF. Step RF to the right. Cross LF over RF
- Step RF to the right. Recover on the LF. Cross RF over LF. 7&8

[9-16] STEP L WITH ½ TURN OVER R SHOULDER, ¼ TURN R MAMBO FWD ON L, MAMBO BACK ON R WITH 1/4 TURN OVER L SHOULDER, COASTER STEP WITH L.

- 1-2 Step LF to the left with a ¹/₂ turn to your R. Step with you RF and ¹/₄ turn to your R.
- Step forward with your LF. Step in place with your RF. Step your LF next to your RF. 3&4
- Step your RF back. Step your LF in place. Step your RF next to your LF with a ¼ turn to L. 5&6
- Step back on your LF. Step your RF next to your LF. Step your LF forward. 7&8

117-241 STEP FWD R, TOUCH L TOE BEHIND, STEP BCK L, KICK RF FWD, COASTER STEP R, SHUFFLE FWD L, ROCK R RECOVER L WITH HIPS.

- 1&2& Step RF forward. Touch L toe behind RF. Step LF back. Kick RF forward.
- 3&4 Step back on your RF. Step your LF next to your RF. Step your RF forward
- 5&6 Step forward with your LF. Step RF close behind LF. Step forward with your LF
- 7-8 Step forward with your RF rocking your weight onto your RF (add some hip flare here). Recover weight on your LF.

[25-32] ¼ TURN OVR R SHOULDER & HOLD, ½ TURN OVR R SHOULDER & HOLD, ½ TURN OVR L SHOULDER & HOLD, 1/2 TURN OVR L SHOULDER & HOLD.

(Feel free to add some flare and style here!)

- Step with your RF and ¼ turn to your right for one count. Hold for one count. 1-2
- Step with your LF and ½ turn to your right for one count. Hold for one count. 3-4
- 5-6 Step with your LF and ¹/₂ turn back to your left for one count. Hold for one count.
- 7-8 Step with your RF and ¹/₂ turn to your left for one count. Hold for one count.

Tag (*The first tag happens on count 15 on the 5th wall and the second tag happens on count 15 on the 9th wall*)

[1-2] Cross your RF in front of your LF and unwind in a 1/2 turn to your left to face the 3:00 wall and then restart the dance. On the second tag, place your hand over your eyes as though you are searching during the lyrics "body, body outta sight.."

Last Update: 19 May 2025





墙数:4