

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Body II Body - Samantha Mumba



SLOW WALK LEFT, RIGHT - STEP OUT OUT, ARM MOVEMENTS

- 1-2 Step forward on left foot, angle body left, lifting arms up from waist level to shoulder level
- 3-4 Step forward on right foot, angle body right, lifting arms up from waist level to shoulder level
- 5 Step out on left foot, also pushing right arm forward with palm facing down
- 6 Step out on right foot, also pushing left arm forward with palm facing down
- 7 Push right arm slightly down and left arm slightly up while finger tips remain in the same place
- & Bring arms back together as face down in front of you
- 8 Bring both arms out to the sides (as if waiting to hug someone)

ARM MOVEMENTS, WALK TWICE, ½ TURN WITH HIP ROLL

- 9 Bring right hand around head starting over the left ear, around the back to the right ear
- 10 Then continue to present open hand across your body to the left
- 11 Turn hand and push slightly away from your body until arm is straight in front
- 12 Then pull arm back and under towards your side, and out again while turning ¼ to the right

You are now presenting an open hand forward

- 13-14 Step forward on left, then right
- 15-16 Roll hips around as you turn ½ over left shoulder

SIT, STAND, SIT, STAND, WALK TWICE, ANCHOR STEP (SHOULDER PUMPS)

- 17-18 Push weight back onto right foot (sit), push weight up and forward onto left foot
- 19-20 Push weight back onto right foot (sit), push weight up and forward onto left foot
- 21-22 Step forward on right, step forward on left angling body slightly to the right
- 23 Step right foot behind left keeping the angle of the body to the right
- & Step left in place while pushing left shoulder down and right shoulder up
- 24 Step right foot back while pushing left shoulder up and right shoulder down

You have now turned ¼ to the right

LOCK BEHIND, POSE, UNWIND ¾ WALK X3, HEEL SWIVELS

- &25 Step left slightly behind right, cross right over left
- 26 While right arm bent up and over head and left arm bent across body, pose
- 27-28 Unwind ¾ turn over left shoulder
- 29-31 Walk forward right, left, right
- & Swivel right and left heels out at the same time, also holding top of head with right hand pull downwards to the right shoulder
- 32 Bring heels to center and bring head to center

REPEAT