

拍数: 32      墙数: 4      级数: Improver  
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音乐: Bodytalk - Anabelle



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

- 1                    Step right foot in place while pushing left hip to side
- 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 ½ 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

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