

BB Body

拍數: 64 牆數: 1 級數: Improver
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音樂: If I Said You Have a Beautiful Body - The Bellamy Brothers



Type: suitable for seniors

GRAPEVINE R WITH ¼ TURN R, STEP FORWARD, HOLD, STEP BACK, HOLD

- 1-4 Step right foot to side, left behind and across right, right to side with ¼ turn right, brush left foot forward
- 5-6 Step left foot forward, hold
- 7-8 Step right foot on place, hold

GRAPEVINE L WITH ¼ TURN L, STEP FORWARD, HOLD, STEP BACK, HOLD

- 1-4 Step left foot to side, right foot behind and across left foot, step left foot to side with ¼ turn left, brush right foot forward
- 5-6 Step right foot forward, hold
- 7-8 Step left on place, hold

R ROCK STEP TO SIDE, BACK, SIDE, CROSS STEP, HOLD

- 1-2 Step right foot to side, step left on place
- 3-4 Step right foot back, left on place
- 5-6 Step right foot to side, left on place
- 7-8 Step right foot across left, hold

L ROCK STEP TO SIDE, BACK, SIDE, CROSS STEP, HOLD

- 1-2 Step left foot to side, right on place
- 3-4 Step left foot back, right on place
- 5-6 Step left foot to side, right on place
- 7-8 Step left across right, hold

ROCK STEP TO SIDE WITH ¼ TURN L, STEP FORWARD, HOLD, 2 STEPS FORWARD, SHUFFLE STEP FORWARD

- 1-2 Step right foot to side, step left in place turning ¼ left
- 3-4 Step right foot forward, hold
- 5-6 Step forward left, right
- 7&8 Step left foot forward, right together, left forward

ROCK STEP TO SIDE WITH ¼ TURN L, STEP FORWARD, HOLD, 2 STEPS FORWARD, SHUFFLE STEP FORWARD

- 1-8 Repeat 8 counts above

STEP, TURN ¼ L, TOUCH TOGETHER, SHUFFLE STEP TO SIDE, STEP, TURN ¼ L, TOUCH TOGETHER, SHUFFLE STEP TO SIDE

- 1-2 Step right forward, turn ¼ left and touch left foot together
- 3&4 Step left to side, right together, left to side
- 5-6 Repeat 1-2
- 7&8 Repeat 3&4

CHARLESTON STEPS WITH VARIATIONS

- 1-2 Step right foot forward, kick left forward
- 3&4 Triple step: step left foot under pelvis, right foot together, left on place
- 5-6 Repeat 1-2

7&8

Repeat 3&4

Repeat
