

# Slam Your Body Down

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Phrased Beginner  
編舞者: Lidia Landon Michael (USA) - March 2024  
音樂: Wannabe - Spice Girls



Sequence: AB - AB - B - AB- B-B-B---B(16 counts)

Intro: 8 Counts

## PART A: 16c

### SECTION 1 STOMP, TWIST, TWIST, COASTER STEP, STOMP, TWIST, TWIST, COASTER STEP

1&2      [1] Stomp R foot front [&2] Twist R Heel out & in  
3&4      Step R back , step L together with R, Step R forward  
5&6      [5] Stomp L foot front [&6] Twist L Heel out & in  
7&8      Step L back , step R together with L, Step L forward

### SECTION 2 MODIFIED V, 4 HEEL BOUNCES W/ HIP CIRCLE, SWIVEL HEELS, TOES, HEEL

1-2      Step R to R front diagonal, Step L to L front diagonal  
3-4      Step R back, Step L back, with legs apart  
5&6&      Bounce heels 4 times while making a clockwise semi hip circle (hips L, front, front, R)  
7&8      Swivels heels to the left, swivel toes to the left, Swivels L to the left & pop R knee side

## PART B: 32c

### SECTION 1 WALK, WALK, SHUFFLE FRONT , ROCK, RECOVER, SHUFFLE BACK

1-2      Walk forward R, walk forward L  
3&4      Step R forward, Step L together with R, Step R forward  
5-6      Rock forward L, Recover R  
7&8      Step L backward , step R together with L, Step L backward

### SECTION 2 ZIG ZAG BACK, ZIG ZAG FRONT

1-2      Step R backward to R diagonal. Touch L next to R (optional clap).  
3-4      Step L backward to L diagonal. Touch R next to L (optional clap).  
5-6      Step R forward to R diagonal. Touch L next to R (optional clap).  
7-8      Step L forward to L diagonal. Touch R next to L (optional clap).

### SECTION 3 SIDE, BEHIND, SHUFFLE SIDE, SIDE, BEHIND SHUFFLE FRONT

1-2      Step R to R side, Step L behind R  
3&4      Step R to R side, Step L together with R, Step R to R side  
5-6      Step L to L side, Step R behind L  
7&8      Step L and make a ¼ turn to the L , Step L together with R, Step L forward

### SECTION 4 STEP, POINT SIDE, STEP, HIP BUMP STEP, POINT SIDE, STEP, HIP BUMP

1-2      Step R in place, Point L to L side  
3-4      Step L in place, Bump R hip front  
5-6      Step R in place, Point L to L side  
7-8      Step L in place, Bump R hip front

Styling option for Section 4 on walls 5&7- Lean all the way over and hit the floor with your left hand on counts 2 & 6. Music cue "Slam your body down".

ENDING – Dance only the first 16 counts of "B" (you'll be facing 3:00). Then face 12:00 & hold a Jazzy pose on the last lyrics "If you wannabe my lover".

