

Body Type

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - December 2024
音樂: Body Type - Badger & Icona Pop : (Spotify/YouTube Music/Deezer/Amazon Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Fwd-1/2R-Side, Cross Shuffle into Cross Rock-Side Rock-Cross Rock-Point

1 2 3 Step forward on R, Make a ½ turn right stepping back on L, Step R to the side (6:00)
4& Cross L over R, Step R close
5&6& Rock/cross L over R, Replace weight on R, Rock L to the side, Replace weight on L
7&8 Rock/cross L over R, Replace weight on R, Point L to the side

[S2] Behind-1/4R-Fwd Rock, Turning Shuffle L-

1 2 Step L behind R, Make a ¼ turn right stepping forward on R (9:00)
3 4 Rock forward on L, Replace weight on R
5&6 Making a ½ turn left shuffle forward on L-R-L (3:00)
7&8 Making a ½ turn left shuffle back on R-L-R (9:00)

[S3] -1/4L Side Rock, Vaudeville, Cross, Side, Sailor 1/4R into Fwd Rock-Together

1 2 Make a ¼ turn left stepping (rock) L to the side, Replace weight on R
3&4& Cross L over R, Step R to the side, Touch L heel diagonally forward, Step L in place
5 6 Cross R over L, Step L to the side
7& Make a ¼ turn right stepping R behind L, Step L beside R (9:00)
8&1 Rock forward on R, Replace weight on L, Step R together with hips push back

[S4] Fwd, Heel-Ball-1/4L Cross, Hip Turn 1/4L

2 Step forward on L
3&4 Touch R heel forward, Ball step R in place, Make a ¼ turn left stepping/cross L over R (6:00)
5&6 Step R to the side and hip bumps to R-L-R
7&8 Make a ¼ turn left stepping L to the side and hip bumps to L-R-L (3:00)

No tags or restarts.

(updated: 4/Dec/24)