

# Body Moves

拍數: 48      牆數: 2      級數: Intermediate hip hop  
編舞者: Tina Riley (USA)  
音樂: One, Two Step (feat. Missy Elliott) - Ciara



## GRAPEVINE RIGHT WITH SYNCOPATED HITCH KICKS

- 1-2      Step right foot to right side, left cross step behind right
- &3&      Step right foot to right side, tap your left heel forward, step back left into place
- 4&5&      Right cross in front of left, step back with left foot, tap your right heel forward, step back right into place
- 6&7&      Left cross in front of right, step back with right foot, tap your left heel forward, step back left into place
- 8      Right cross over left (weight ends lefts)

## UNWIND ½ TURN LEFT, SIDE MAMBO'S, STEP FORWARD ½ TURN LEFT

- 1-2      Unwind ½ turn left for two counts (weight ends left, facing 6:00)
- 3&4      Rock right to right side, rock back onto left, step right next to left (weight ends right)
- 5&6      Rock left to left side, rock back onto right, step left next to right (weight ends left)
- 7-8      Step forward right, ½ pivot turn left (weight ends left, facing 12:00)

## STEP FORWARD AT SLIGHT ANGLE RIGHT, LOCK STEP, HIP BUMPS, STEP FORWARD AT SLIGHT ANGLE LEFT, LOCK STEP, HIM BUMPS

- 1-2      Step forward right at angle, lock left behind right (weight ends right)
- 3&4      Bump hips right, left, right
- 5-6      Step forward left at angle, lock right behind left (weight ends left)
- 7&8      Bump hips left, right, left

## GRAPEVINE RIGHT WITH HEEL, & CROSS, ¼ LEFT WITH HIP BUMPS

- 1-2      Step right to right side, step left behind right
- &3      Step right foot to right side, tap your left heel forward
- 4      Hold
- &5      Step left back into place, right cross over left
- 6      Hold (weight ends left)
- 7-8      Unwind ¼ left and bump hips twice to the right (facing 9:00)

## GRAPEVINE LEFT WITH HEEL, & CROSS, ¼ RIGHT WITH HIP BUMPS

- 1-2      Step left to left side, step right behind left
- &3      Step left foot to left side, tap your right heel forward
- 4      Hold
- &5      Step right back into place, left cross over right
- 6      Hold
- 7-8      Unwind ¼ right and bump hips twice to the left (facing 12:00)

## STEP FORWARD RIGHT, STEP FORWARD LEFT, BACK CROSS SIDE, BACK CROSS UNWIND ½ TURN LEFT

- 1-2      Step forward right at 45-degree angle, touch left next to right
- 3-4      Step forward left at 45-degree angle, touch right next to left (leave weight on left)
- &5-6      Step back right, left cross over right, step side right to right
- &7      Step back left, right cross over left
- 8      Unwind ½ turn left (weight ends left at 6:00)

## REPEAT

