

Bodies

拍數: 30 牆數: 4 級數: Intermediate
編舞者: Ulrika Rapp (SWE) - January 2010
音樂: Bodies - Robbie Williams



Start after approximately 24 Counts from start of track at about 19 seconds

Step forward, side rocks twice, cross rock side twice

1&2 Step forward on right foot, rock left foot to left side, recover weight onto right
3&4 Step forward on left foot, rock right foot to right side, recover weight onto left
5 6& Cross rock right foot over left, recover weight back on left, step right foot to right side
7 8& Cross rock left foot over right, recover weight back on right, step left foot to left side

Cross, side, behind, side, cross, rock, left diagonal run back

1 2 Cross right over left, Step left to left side
3&4 Cross right behind left, step left to left side, cross right over left
5 6 Rock left forward, recover onto right
7&8 Step back on left, right, left, on left diagonal (***) (****)

Side rock, side, behind, turn 1/4, step turn 1/2, side, behind, turn 1/4

1 2 Rock right to right side, recover to left (12.00)
3&4 Step down on right foot, cross left behind right, make a ¼ turn right stepping on right
5 6 Step left forward, turn ½ right
7&8 ¼ turn right by stepping left, cross right behind left, make a ¼ turn left stepping on left.

Step, anchor step, 1/2 left sailor

1 2 Step forward on right, step forward on left
3&4 Step right behind left and rock back, recover weight to left, rock back on right
5&6 Make 1/2 turn left crossing left behind right, Step right to right side, step left to left side

***TAG 1

During 4th wall after 16 counts

Sway hips

1 2 Sway Right to Right side, recover to left
3 4 Sway Right to Right side, recover to left
5 6 Sway Right to Right side, recover to left

Restart dance from the beginning.

****TAG 2

During 8th wall after 16 counts

Sway hips

1 2 Sway Right to Right side, recover to left
3 4 Sway Right to Right side, recover to left

Restart dance from the beginning.