

Rockin' That Body Body

Michele Perron, DANCE Expressions

Two Wall, 64 Count Line Dance, December 2009

Intermediate/Advanced Level

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Sec. I (1-8) ACROSS, BACK, SIDE; L CHA FORWARD, FORWARD-BACK, CHA CHA TURN

- 1,2,3 RIGHT Step across front of L; LEFT Step back; RIGHT Step side R
4&5 LEFT Cha Cha forward (locking)
6,7 RIGHT Break/Step forward; LEFT Recover/Step back
8&1 Turn 1/2 R with RIGHT Cha Cha (locking) (6 o'clock)

Sec. II (9-16) FORWARD, TURN, L CROSSING CHA, SIDE/ROCK, RECOVER/SIDE, R CROSSING CHA

- 2,3 LEFT Step forward; Turn 1/4 R with RIGHT Step side R (9 o'clock)
4&5 LEFT Crossing Cha Cha (L across front of R, R side R, L across front of R)
6,7 RIGHT Rock/Step side R; LEFT Recover/Step side L
8&1 RIGHT Crossing Cha Cha (R across front of L, L side L, R across front of L)

Sec. III (17-24) TURN, DRAG, RUN-RUN-RUN, FORWARD, BACK, RUN-RUN-RUN

- 2,3 Turn 1/4 L with LEFT Step forward; RIGHT 'Drag' to L (6 o'clock)
4&5 RIGHT, LEFT, RIGHT Steps forward
6,7 LEFT Break/Step forward; RIGHT Recover/Step back
8&1 LEFT, RIGHT, LEFT Steps back

Sec. IV (25-32) BACK, FORWARD, FORWARD-TURN, FORWARD-TURN, FORWARD-TURN (3 Paddle Turns)

- 2,3 RIGHT Break/Step back; LEFT Recover/Step forward
4,5 RIGHT Step forward; Turn 1/4 L with LEFT Step side L (3 o'clock)
6,7 RIGHT Step forward; Turn 1/4 L with LEFT Step side L (12 o'clock)
8,1 RIGHT Step forward; Turn 1/4 L with LEFT Step side L (9 o'clock)

Sec. V (33-40) TOUCH, HOLD CHA CHA SIDE: REPEAT

- 2,3 RIGHT Toe/Touch across front of L; HOLD
4&5 RIGHT Cha Cha side R
6,7 LEFT Toe/Touch across front of R; HOLD
8&1 LEFT Cha Cha side L

Sec. VI (41-48) BACK, FORWARD, TURN, BACK, BACK, FORWARD, CHA CHA FORWARD

- 2,3 RIGHT Rock/Step back; LEFT Recover/Step forward
4,5 Turn 1/2 L with RIGHT Step back; LEFT Step back (3 o'clock)
6,7 RIGHT Rock/Step back; LEFT Recover/Step forward
8&1 RIGHT Cha Cha forward

Sec. VII (49-56) FORWARD, TURN, FORWARD, TURN, ACROSS, BACK, SIDE

- 2,3 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (9 o'clock)
4,5 LEFT Step forward; Turn 1/2 R with RIGHT Step forward (3 o'clock)
6,7,8 LEFT Step across front of R; RIGHT Step back; LEFT Step side L

Sec. VIII (57-64) SIDE, TOUCH 3X, SIDE, HOLD

- 1,2 RIGHT Step side R with 1/4 Turn L; LEFT Toe/Touch beside R (12 o'clock)
3,4 LEFT Step side L; RIGHT Toe/Touch beside L
5,6 RIGHT Step side R with 1/2 Turn L; LEFT Toe/Touch beside R (6 o'clock)
7,8 LEFT Step side L; HOLD

BRIDGE: 8 Counts

- 1,2 RIGHT Step across front of L; LEFT Step back
3,4 RIGHT Step side R; LEFT Step forward
5,6,7,8 Circle Hips or Hip Bumps, weight ends on L or Use these 8 Counts for your own choreography and do something with your 'Body Body'. Weight ends on L. Smiles.

Bridge occurs on front wall two times

Dance: 64, 64, Bridge, 64, 64, Bridge, 64....

Begin Again

Music Selections: Cha Cha (Pop)

Body, Body Masari 128 bpm

Introduction: 48 Counts

CDs: Body Body Single, Forever Massari

Downloads: iTunes, amazon.com



micheleperron.com, see video library