

Body Good

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Sobrielo Philip Gene (SG) & Rebecca Lee (MY) November 2019

Music: Body Good by Shaggy, ft. Nicky Jam

Intro: 16 counts @ 0.10

[1-8] STEP TOUCH, BACK SWEEP, SAILOR STEP, BALL POINT, TWIST 1/4 FLICK, FORWARD RUNS

- &1-2** Step right forward (&), touch left behind right (1), step left back and sweep right front to back (2)
- 3&4** Step right behind left (3), step left slightly to left (&), step right slightly to right (4)
- &5-6** Step left beside right (&), point right to right (5), twist left heel to right making 1/4 turn left flicking right back(6)
- 7&8** Step right forward (7), step left forward (&), step right forward (8) (9:00)

[9-16] SIDE ROCK RECOVER, BEHIND SIDE CROSS, BALL CROSS UNWIND, KICK BALL STEP

- 1-2** Rock left to left (1), recover weight onto right (2)

On count 1 look to the left, 2 look front

- 3&4** Step left behind right (3), step right to right (&) Cross left over right (4)
- &5-6** Step right slightly to right (&), cross left over right (5), unwind 1/2 right (6) (3:00)
- 7&8** Kick right forward (7), step right beside left (&), step right slightly forward (8)

Restart: On wall 3 & 7 dance up to 16 counts and restart the dance

[17-24] DIAGONAL CROSS SHUFFLE, DIAGONAL CROSS SHUFFLE, CROSS 3/8 TURN POINT, BALL CROSS 1/4 BACK

- 1&2** Turn 1/8 right cross right over left (1), step left to left (&), cross right over left (2) (4:30)
- 3&4** Turn 1/4 left cross left over right (3), step right to right (&), cross left over right (4) (1:30)
- 5&6 1/8 right step right forward (5), 1/4 right step left back (&), point right forward (6) (6:00)**
- &7** Step right beside left (&), cross left over right (7),
- &8 1/4 left step right back (&), step left back & touch right forward (8) (3:00)**

**[25-32] HIP ROLL STEP BACK, HIP ROLL STEP BACK, BALL TOUCH, BALL TOUCH, ROCK
BACK RECOVER STEP**

- 1-2** Roll hip clock wise 2 counts (weight on right)
& Step right back & touch left forward (&)
3-4 Roll hip counter clock wise 2 counts (weight on left)
&5 Step left back (&), touch right beside left (5)
&6 Step right back (&), touch left beside (6)
7&8 Rock left back (7), recover weight onto right (&), step left forward (8) (3:00)

Restart: On wall 3 & 7 dance up to 16 counts and restart the dance

Submitted by - Michal Smal: michalsmal@hotmail.com