

My Body Song

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Count: 32

Wall: 4

Level: Improver

Choreographer: Penny Tan & Flora Lau (Malaysia) October 2017

Music: Body Song (Elena)

Intro - 16 Counts from first beat of music

Section 1: Side, Behind, Recover, Side, $\frac{1}{4}$ L Back, Back Coaster, Forward, Pivot $\frac{1}{2}$ L, Forward, Forward

1 2 & 3L to L side, R behind L, Recover on L, $\frac{1}{4}$ turn to L, Stepping back on R

4 & 5 Step L back, R beside L, L Forward

6 & 7 Forward on R, $\frac{1}{2}$ turn to L recovering on L, Forward On R

8 Step L Forward

Section 2: Half Diamond, Rumba Box

1 & 2 Cross R over L, Step L to L side, $\frac{1}{8}$ turn R stepping R back

3 & 4 Cross L behind R, $\frac{1}{8}$ turn R stepping R to R side

5 & 6 Step R to R side, Step L beside R, R forward

7 & 8L to L side, R beside L, Back on L

Section 3: R Back Rock, Recover, R Forward Cha Cha, L Forward, $\frac{1}{4}$ Turn R, Cross L over R, Side Rock, Recover

1 & 2 Step R back (Sit back abit with head $\frac{1}{2}$ turn to look Back), Recover on L

3 & 4 Step R forward, Lock L behind R, Step R Forward

5 & 6 Step L Forward, $\frac{1}{4}$ turn to R recovering on R, Cross L over R

7 8 Step R to R side, Recover on L

Section 4: Behind, Side, $\frac{1}{4}$ turn L Forward, L Forward Rock, Recover, $\frac{1}{4}$ turn L, Syncopated Jazz Box with a Hitch, Cross Shuffle

1 & 2 Step R behind L, Step L to L side, $\frac{1}{4}$ turn L Stepping R Forward

3 & 4L Forward Rock, Recover on R, $\frac{1}{4}$ turn L stepping L to L side

5 a 6 aCross R over L, Step L to L side, R to R side, Cross L over R with a Hitch

7 & 8 Cross R over L, L to L side, Cross R over L

No Tag No Restart

Enjoy & have fun !!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=121265