

Body In Motion



Choreographed by: Peter Metelnick, Can (July 01)
Music: **Angelina** by **Lou Bega** (CD: Ladies & Gentleman, 125 BPM)
If I Said You Had A Beautiful Body (Dance Mix)
by The Bellamy Brothers (CD: Dancin')
Brown Sugar by Collin Raye (CD: Stone Country)
Type: 4 wall, 64 counts
Level: Intermediate

SIDE, TOGETHER, CHASSE RIGHT, ROCK STEP, TRIPLE ½ TURN

1 – 2 Step right to right side, step left beside right.
3 & 4 Step right to right side, close left beside right, step right to right side.
5 – 6 Cross rock left over right, recover onto right.
7 & 8 Triple step ½ turn left, stepping - left, right, left. [6:00]

SIDE, TOGETHER, CHASSE RIGHT, ROCK STEP, TRIPLE ¼ TURN

1 – 2 Step right to right side, step left beside right.
3 & 4 Step right to right side, close left beside right, step right to right side.
5 – 6 Cross rock left over right, recover onto right.
7 & 8 Triple step ¼ turn left, stepping - left, right, left. [3:00]

½ TURN LEFT, KICK, COASTER STEP, FORWARD, TOUCH, LEFT ROCK & TOUCH

1 – 2 Step right forward making ½ turn left, kick left forward. [9:00]
3 & 4 Step left back, step right beside left, step left forward.
5 – 6 Step right forward, touch left beside right.
7 & 8 Rock left to left side, recover onto right, touch left beside right.

SIDE, TOGETHER, LEFT SHUFFLE, SIDE, ¼ TURN TOUCH, CHASSE LEFT

1 – 2 Step left to left side, step right beside left.
3 & 4 Step left forward, step right beside left, step left forward.
5 – 6 Step right to right side, make ¼ turn left touching left beside right. [6:00]
7 & 8 Step left to left side, step right beside left, step left to left side.

CROSS, SIDE, SAILOR STEP, CROSS, ½ TURN LEFT, CHASSE LEFT

1 – 2 Cross right over left, step left to left side.
3 & 4 Cross right behind left, step left to left side, step right to right side.
5 – 6 Cross left over right., step right to right side making ½ turn left. [12:00]
7 & 8 Step left to left side, close right beside left, step left to left side.

FULL TURN LEFT, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE.

1 On ball of left make ½ turn left, stepping right to right side. [6:00]
2 On ball of right make ½ turn left, stepping left to left side. [12:00]
3 & 4 Cross right over left, step left to left side, cross right over left.
5 – 6 Rock left to left side, recover onto right.
7 & 8 Cross left over right, step right to right side, cross left over right.

Continues...

Body In Motion



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SIDE, TOUCH, $\frac{3}{4}$ TRIPLE TURN LEFT, BACK ROCK, RIGHT SHUFFLE

- 1 – 2 Step right to right side, touch left beside right.
3 Step left turning $\frac{1}{4}$ left. [9:00]
& 4 On ball of left make $\frac{1}{2}$ turn left stepping right back, step left back. [3:00]
5 – 6 Rock right back, recover onto left.
7 & 8 Step right forward, close left beside right, step right forward.

$\frac{1}{2}$ TURN RIGHT, KICK, COASTER STEP, FORWARD, TOUCH, RIGHT ROCK TOUCH

- 1 – 2 Step left forward making $\frac{1}{2}$ turn right, kick right forward. [9:00]
3 & 4 Step right back, close left beside right, step right forward.
5 – 6 Step left forward, touch right beside left.
7 & 8 Rock right to right side, recover onto left, touch right beside left.

Start again!