

BODY GOOD

Music: Body Good by Shaggy Feat Nicky Jam

Choreographer: Sobrielo Philip Gene (Singapore) & Rebecca Lee (Malaysia)

Description: 4 wall intermediate

Intro: 16 counts @ 0.10

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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 left slightly forward (8)

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