## Body In Motion

|   |  | A DESTRUCTION OF A DESTRUCTUON OF A DEST | Peter Metelnick   |              |
|---|--|--|---|--------------|
| STEPS   | Actual Footwork  | Calling<br>Suggestion  | DIRECTION   |              |
| <b>Section 1</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | Side, Together, Chasse Right, Rock Step, Triple 1/2 Turn.<br>Step right to right side. Step left beside right.<br>Step right to right side. Close left beside right. Step right to right side.<br>Cross rock left over right. Rock back onto right.<br>Triple step 1/2 turn left, stepping - Left, Right, Left.  | Side. Together.<br>Side Close Side<br>Rock. Step.<br>Triple Turn   | Right<br>On the spot<br>Turning left                    | INTERI       |
| <b>Section 2</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | Side, Together, Chasse Right, Rock Step, Triple 1/4 Turn.<br>Step right to right side. Step left beside right.<br>Step right to right side. Close left beside right. Step right to right side.<br>Cross rock left over right. Rock back onto right.<br>Triple step 1/4 turn left, stepping - Left, Right, Left.  | Side. Together.<br>Side Close Side<br>Rock. Step.<br>Triple Turn   | Right<br>On the spot<br>Turning left                    | INTERMEDIATE |
| <b>Section 3</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | <b>1/2 Turn Left, Kick, Coaster Step, Forward, Touch, Left Rock &amp; Touch.</b><br>Step right forward turning 1/2 turn left. Kick left forward.<br>Step back left. Step right beside left. Step forward left.<br>Step forward right. Touch left beside right.<br>Rock to left side on left. Rock onto right in place. Touch left beside right.  | Turn. Kick.<br>Coaster Step<br>Step Touch<br>Left Rock Touch   | Turning left<br>On the spot<br>Forward<br>On the spot   |              |
| <b>Section 4</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | <b>Side, Together, Left Shuffle, Side, 1/4 Turn Touch, Chasse Left.</b><br>Step left to left side. Step right beside left.<br>Step forward left. Step right beside left. Step forward left.<br>Step right to right side. Make 1/4 turn left touching left beside right.<br>Step left to left side. Step right beside left. Step left to left side.   | Side. Together.<br>Left Shuffle<br>Side. Turn.<br>Side Close Side.   | Left<br>Forward<br>Turning left<br>Left                 |              |
| <b>Section 5</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | <b>Cross, Side, Sailor Step, Cross, 1/2 Turn Left, Chasse Left.</b><br>Cross right over left. Step left to left side.<br>Cross right behind left. Step left to left side. Step right to right side.<br>Cross left over right. Step right to right side making 1/2 turn left.<br>Step left to left side. Close right beside left. Step left to left side.   | Cross. Side.<br>Sailor Step<br>Cross. Turn<br>Side Close Side  | Left<br>On the spot<br>Turning left<br>Left             |              |
| <b>Section 6</b><br>1<br>2<br>3 & 4<br>5 - 6<br>7 & 8   | Full Turn Left, Cross Shuffle, Left Rock, Cross Shuffle.<br>On ball of left make 1/2 turn left, stepping right to right side.<br>On ball of right make 1/2 turn left, stepping left to left side.<br>Cross right over left. Step left to left side. Cross right over left.<br>Rock left to left side. Rock onto right in place.<br>Cross left over right. Step right to right side. Cross left over right. | Turn<br>Turn<br>Cross Shuffle<br>Left Rock<br>Cross Shuffle  | Turning left<br>Left<br>On the spot<br>Right            |              |
| <b>Section 7</b><br>1 - 2<br>3<br>& 4<br>5 - 6<br>7 & 8 | <b>Side, Touch, 3/4 Triple Turn Left, Back Rock, Right Shuffle.</b><br>Step right to right side. Touch left beside right.<br>Step left 1/4 turn left.<br>On ball of left make 1/2 turn left stepping back right. Step left back.<br>Rock back on right. Rock forward onto left.<br>Step forward right. Close left beside right. Step forward right.  | Side. Touch.<br>Turn<br>Triple<br>Back. Rock.<br>Right Shuffle   | Right<br>Turning left<br>Back<br>On the spot<br>Forward |              |
| <b>Section 8</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8    | <b>1/2 Turn Right, Kick, Coaster Step, Forward, Touch, Right Rock Touch.</b><br>Step left forward making 1/2 turn right. Kick right forward.<br>Step back right. Close left beside right. Step forward right.<br>Step forward left. Touch right beside left.<br>Rock right to right side. Rock onto left in place. Touch right beside left.  | Turn. Kick.<br>Coaster Step<br>Step. Touch.<br>Right Rock Touch  | Turning right<br>On the spot<br>Forward<br>On the spot  |              |

4 Wall Line Dance:- 64 Counts. Intermediate Level.

Choreographed by:- Peter Metelnick (Can) July 2001.

**Choreographed to:-** 'Angelina' by Lou Bega.

Music Suggestions:- 'If I Said You Had A Beautiful Body (Would You Hold It Against Me)' by Bellamy Brothers (Dance Mix) Start on vocals, from Dancin CD; Brown Sugar by Collin Raye (Start On Vocals) from Stone Country CD

Peter Metelnick