

YOUR BEAUTIFUL BODY

LINEDANCE.COM

Count: 64

Wall: 2

Level: beginner/intermediate

Choreographer: Nigel Payne

Music: If I Said You Had A Beautiful Body by Dave Sheriff

RIGHT CHASSE, LEFT ROCK RECOVER, LEFT CHASSE, RIGHT RECOVER

- 1&2** Step right foot to right side, step left beside right foot, step right foot to right side
- 3-4** Rock left foot back behind right, rock forward onto right foot
- 5&6** Step left foot to left side, step right beside left foot, step left foot to left side
- 7-8** Rock right foot back behind left, rock forward onto left foot

SYNCOPATED STEP TO THE RIGHT WITH CLAPS, HIP BUMPS

- 9-10** Step right foot to right side, clap, (weight on right)
- &11** Step left foot beside right foot, step right foot to right side, (weight ends on right)
- 12** Clap
- 13-16** Bump hips left, right, left, right

LEFT CHASSE, RIGHT ROCK RECOVER, RIGHT CHASSE, LEFT ROCK RECOVER

- 17&18** Step left foot to left side, step right beside left foot, step left foot to left side
- 19-20** Rock right foot back behind left, rock forward onto left foot
- 21&22** Step right foot to right side, step left beside right foot, step right foot to right side
- 23-24** Rock left foot back behind right, rock forward onto right foot

SYNCOPATED STEP TO THE LEFT WITH CLAPS, HIP BUMPS

- 25-26** Step left foot to left side, clap, (weight on left)
- &27** Step right foot beside left, step left foot to left side, (weight ends on left foot)
- 28** Clap
- 29-32** Bump hips right, left, right, left

RIGHT SHUFFLE TURNING ¼ TURN RIGHT, LEFT SHUFFLE

- 33&34** Step right foot to right side turning ¼ turn right, step left foot beside right, step right foot forward, (now facing 3:00)
- 35&36** Step forward on left foot, step right foot beside left, step forward on left foot

RIGHT & LEFT SHUFFLE TURNING $\frac{3}{4}$ LEFT

This turn should be done as a arc traveling around to the left

- 37&38** Step right foot $\frac{1}{4}$ turn to the left, step left beside right, step right foot $\frac{1}{4}$ to the left, (now facing 9:00)
- 39&40** Step left foot $\frac{1}{4}$ turn to the left, step right beside left foot, step right foot forward (now facing 6:00)

WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH

- 41-44** Walk forward right, left, right, kick left foot forward & clap
- 45-48** Walk back on left, right, left, touch right toe beside left foot

GRAPEVINE RIGHT & LEFT WITH CLAPS

- 49-52** Step right foot to right side, step left foot behind right foot, step right foot to right side, touch left toe beside right foot & clap
- 53-56** Step left foot to left side, step right foot behind left foot, step left foot to left side, touch right toe beside left foot & clap

Grapevines can be done as rolling vines

CIRCLE SHUFFLE LEFT, SHUFFLING RIGHT, LEFT RIGHT, LEFT

- 57&58** Step $\frac{1}{4}$ turn left on right foot, step left foot beside right, step right foot forward
- 59&60** Step $\frac{1}{4}$ turn left on left foot, step right foot beside left, step left foot forward
- 61&62** Step $\frac{1}{4}$ turn left on right foot, step left foot beside right, step right foot forward
- 63&64** Step $\frac{1}{4}$ turn left on left foot, step right foot beside left, step left foot forward

REPEAT