

*Peter Metelnick*

# Body In Motion



Peter Metelnick

INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side, Together, Chasse Right, Rock Step, Triple 1/2 Turn.</b> Step right to right side. Step left beside right. Step right to right side. Close left beside right. Step right to right side. Cross rock left over right. Rock back onto right. Triple step 1/2 turn left, stepping - Left, Right, Left.	Side. Together. Side Close Side Rock. Step. Triple Turn	Right  On the spot Turning left
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side, Together, Chasse Right, Rock Step, Triple 1/4 Turn.</b> Step right to right side. Step left beside right. Step right to right side. Close left beside right. Step right to right side. Cross rock left over right. Rock back onto right. Triple step 1/4 turn left, stepping - Left, Right, Left.	Side. Together. Side Close Side Rock. Step. Triple Turn	Right  On the spot Turning left
<b>Section 3</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>1/2 Turn Left, Kick, Coaster Step, Forward, Touch, Left Rock &amp; Touch.</b> Step right forward turning 1/2 turn left. Kick left forward. Step back left. Step right beside left. Step forward left. Step forward right. Touch left beside right. Rock to left side on left. Rock onto right in place. Touch left beside right.	Turn. Kick. Coaster Step Step Touch Left Rock Touch	Turning left On the spot Forward On the spot
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side, Together, Left Shuffle, Side, 1/4 Turn Touch, Chasse Left.</b> Step left to left side. Step right beside left. Step forward left. Step right beside left. Step forward left. Step right to right side. Make 1/4 turn left touching left beside right. Step left to left side. Step right beside left. Step left to left side.	Side. Together. Left Shuffle Side. Turn. Side Close Side.	Left Forward Turning left Left
<b>Section 5</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Cross, Side, Sailor Step, Cross, 1/2 Turn Left, Chasse Left.</b> Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Step right to right side. Cross left over right. Step right to right side making 1/2 turn left. Step left to left side. Close right beside left. Step left to left side.	Cross. Side. Sailor Step Cross. Turn Side Close Side	Left On the spot Turning left Left
<b>Section 6</b> 1 2 3 & 4 5 - 6 7 & 8	<b>Full Turn Left, Cross Shuffle, Left Rock, Cross Shuffle.</b> On ball of left make 1/2 turn left, stepping right to right side. On ball of right make 1/2 turn left, stepping left to left side. Cross right over left. Step left to left side. Cross right over left. Rock left to left side. Rock onto right in place. Cross left over right. Step right to right side. Cross left over right.	Turn Turn Cross Shuffle Left Rock Cross Shuffle	Turning left  Left On the spot Right
<b>Section 7</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side, Touch, 3/4 Triple Turn Left, Back Rock, Right Shuffle.</b> Step right to right side. Touch left beside right. Step left 1/4 turn left. On ball of left make 1/2 turn left stepping back right. Step left back. Rock back on right. Rock forward onto left. Step forward right. Close left beside right. Step forward right.	Side. Touch. Turn Triple Back. Rock. Right Shuffle	Right Turning left Back On the spot Forward
<b>Section 8</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>1/2 Turn Right, Kick, Coaster Step, Forward, Touch, Right Rock Touch.</b> Step left forward making 1/2 turn right. Kick right forward. Step back right. Close left beside right. Step forward right. Step forward left. Touch right beside left. Rock right to right side. Rock onto left in place. Touch right beside left.	Turn. Kick. Coaster Step Step. Touch. Right Rock Touch	Turning right On the spot Forward 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