

A Little More

BEGINNER

64 Count

Choreographed by: Lana Harvey Wilson

Choreographed to: If I Said you Had A Beautiful Body by The Bellamy Brothers

ROCK FORWARD, HOLD, 1/2 TURN, STEP, ROCK FORWARD, HOLD, 1/2 TURN, STEP
1 - 2 Rock forward onto right. Hold.
3 - 4 Step back on left, pivoting 1/2 right on ball of left. Step slightly forward on right.
5 - 6 Rock forward onto left. Hold.
7 - 8 Step back on right, pivoting 1/2 left on ball of right. Step slightly forward on left.

ROCK FORWARD, HOLD, 1/2 TURN, STEP, FORWARD, 1/2 TURN LEFT, SHUFFLE
9 - 12 Repeat 1-4.
13 - 14 Touch left toe forward. Pivot 1/2 turn to right on ball of right.
15 & 16 Shuffle in place (left-right-left)

/On forward rocks, counts 1, 5, and 9-lean shoulder, on same side as foot, forward.

STEP, SLIDE TOGETHER, CROSS, HOLD, STEP, SLIDE TOGETHER, CROSS, HOLD
17 - 18 Step right to right side. Slide left next to right, putting weight on it.
19 - 20 Cross right over left, putting weight on it. Hold.
21 - 22 Step left to left side. Slide right next to left, putting weight on it.
23 - 24 Cross left over right, putting weight on it. Hold.

ROCK FORWARD, BACK, HOLD, ROCK FORWARD, BACK, FORWARD, HOLD
25 - 26 Step forward on right at 45 angle to right side. Step left in place.
27 - 28 Step right back at 45 angle to left side. Hold.
29 - 30 Step forward onto left. Step right back at 45 angle to left side.
31 - 32 Step forward onto left. Hold.

/Body will face 45 to right during counts 25-32.

SHUFFLE RIGHT, CROSS SHUFFLE, SHUFFLE RIGHT, ROCK, STEP BACK
33 & 34 Facing forward, step right to right side, shuffle in place (right-left-right).
35 & 36 Cross left over right at 45 angle to right side and shuffle in place (left-right-left). Body faces 45 to right also.
37 & 38 Facing forward, step right to right side and shuffle in place (right-left-right).
39 - 40 Cross left over right at 45 angle and rock forward onto it. Step back on right.

SHUFFLE LEFT, CROSS SHUFFLE, SHUFFLE LEFT, ROCK, STEP BACK
41 & 42 Facing forward, step left to left side and shuffle in place (left-right-left).
43 & 44 Cross right over left at 45 angle to left and shuffle in place (right-left-right). Body will face 45 angle to left also.
45 & 46 Facing forward, step left to left side and shuffle in place (left-right-left).
47 - 48 Cross right over left at 45 angle and rock forward onto it. Step back onto left.

/During 33 to 40 and 41-48, your body will do a little twisting motion as you shuffle to each side.

HIP ROCKS, 1/2 TURN RIGHT, HIP ROCKS
49 - 50 Step right to right side, shifting weight to it and lift left heel at same time. Hold.
51 Rock left, shifting weight to left foot, lift right heel at same time.
52 Rock right, shifting weight to right foot, lift left heel at same time.
& Pivot 1/2 turn to right on ball of right foot.
53 - 54 Step left to left side, shifting weight to it, lift right heel at same time. Hold.
55 Rock right, shifting weight to right foot, lift left heel at same time.
56 Rock left, shifting weight to left foot, lift, right heel at same time.

FORWARD, HOLD, BALL CHANGE, HOLD, BACK, HOLD, BALL CHANGE, HOLD
57 - 58 Step forward on right. Hold and clap.
& Step forward on ball of left foot next to right.
59 - 60 Step down on right. Hold and clap.
61 - 62 Step back on left. Hold and clap

&
63 - 64 Step back on ball of right foot next to left.
Step down on left. Hold and clap.

/Claps optional.

REPEAT

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