

BODY ON ME

Choreographed by: Levera Mejia (July-October 2008)

Music: **Body on Me** by **Ashanti Feat. Nelly & Akon**

Descriptions: 40 count-2 wall- Beginner/Intermediate level

Intro: 32 Count -When Akon Starts Singing

RIGHT SHUFFLE FORWARD, SKATE LEFT & RIGHT X 2, LEFT SAILOR WITH ¼ TURN LEFT

- 1&2 Shuffle right, left, right
- 3-4 Left step to left, Right step to right
- 5-6 Left step to left, Right step to right
- 7&8 Cross left behind right, Making ¼ turn to left step right to right, step left forward

RIGHT HEEL, STEP, CROSS, RIGHT TOE, HIP SWAY, LEFT SAILOR

- 1&2 Touch right heel forward, Step right next left, Step left over right
- 3-4 Step right toe to right, Sway hip to right as heel drop
- 5-6 Sway hip to left, Sway hip to right
- 7&8 Cross left behind right, Step right to right, Step left to left

FOUR FORWARD TOE STRUTS WITH HIP BUMPS

- 1-2 Touch right toe forward and bump hip as drop heel
- 3-4 Touch left toe forward and bump hip as drop heel
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

FORWARD SHUFFLE, ROCK FORWARD, RECOVER, STEP BACK, BACKWARDS COASTER WITH ¼ TURN LEFT

- 1&2 Shuffle forward right, left, right
- 3-4 Rock forward left, recover right
- 5-6 Step left back, Step right back
- 7&8 Step left back, Step right beside left, Left step forward while turning ¼ left

RIGHT AND LEFT JAZZ

- 1-2 Cross right over left, Step back on left
- 3-4 Step right to right side, Left touch next to right
- 5-6 Cross left over right, Step back on right
- 7-8 Step left to left side, Right touch next to left

* *Dance ends when you hear Ashanti say "hey-hey, hey-hey, oohh, oohh: just sway side to side**

(Thanks Kathy's Merced Class For Making Sure I Finished This Dance)

BEGAN AGAIN