

# Heavenly Body

Compte: 84

Mur: 2

Niveau: Intermediate



Chorégraphe: Nadia Friel (AUS) - September 2005

Musique: A Heavenly Body - Travis Sinclair : (Album: Rush)

16 count intro begin on vocals, 130 bpm

**1 - 8** **CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE**

1,2,3,4 Step L toe across R, drop L heel, step R toe to R side, drop R heel

5&6,7,8 Cross Shuffle L across R stepping LRL, Rock/step R to R side, rock weight to L

**8 - 16** **CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE**

1,2,3,4 Step R toe across L, drop R heel, step L toe to L side, drop L heel

5&6,7,8 Cross shuffle R across L stepping RLR, rock/step L to L side, rock weight to R

**16 - 24** **ACROSS, SIDE, BEHIND, HEEL, STEP TAP, DIAGONALLY BACK, HEEL,**

1,2,3,4 Step L across R, step R to R side, step L behind R, tap R heel to L45 across L

5,6,7,8 Rock weight forward onto R, tap L behind R, step L back to L45, tap R heel to R45

**25 - 32** **DIAG FWD, TAP, DIAG BACK, TAP, DIAG BACK, TAP, DIAG FWD, TAP, SCUFF**

1,2,3,4 Rock/step R forward to R45, tap L beside R, step L back to L45, tap R beside L

5,6,7,8 Step R back to R45, tap L beside R, step L forward to L45, scuff R forward \*\*\*

Note: Body is facing forward during the last 8 counts

**33 - 40** **FORWARD, HOLD, FORWARD HOLD, SHUFFLE FWD, FORWARD, BACK**

1,2,3,4 Step R forward, hold, step L forward, hold

5&6,7,8 Shuffle R forward (RLR), rock/step L forward, rock back on R

**41 - 48** **BACK TOE STRUT, BACK TOE STRUT, SHUFFLE BACK, ROCK BACK, ROCK FWD**

1,2,3,4 Toe/heel L back, toe/heel R back,

5&6,7,8 Shuffle L back (LRL), rock/step R back, rock forward on L ###

**49 - 56** **ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE**

1,2,3,4 Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side

5,6 Tap L out to L side and keep weight on R rotate hips anti-clockwise around to L and back to starting position;

7,8 Weight still on R rotate hips anti-clockwise around to L and back to starting position.

**57 - 64** **SIDE, BEHIND, 1/4 L, SCUFF R, PIVOT 1/2, PIVOT 1/4**

1,2,3,4 Step L to L side, step R behind L, turn 1/4 L and step L forward, scuff R forward,

5,6,7,8 Step R forward, pivot 1/2 L, step R forward, pivot 1/4 L

**65 - 72** **ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE**

1,2,3,4 Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side

5,6,7,8 Tap L out to L side (weight on R), rotate hips anti-clockwise around to L and back to starting position, (weight still on R), rotate hips anti-clockwise around to L and back to starting position.

**73 - 80** **L SIDE, BEHIND, SIDE, SCUFF/HITCH, STOMP FWD, TWIST/SHIMMY 1/2 L**

1,2,3,4 Step L to L side, step R behind L, step L to L side, scuff R forward and hitch knee slightly

5,6,7,8 Stomp R forward, pivot / twist 1/2 L and shimmy shoulders as you turn for

3 counts (as you twist change your weight from your R foot to your L foot)

**81 - 84** **FORWARD, BACK, L COASTER BACK**

1,2,3&4 Rock R forward, rock back on L, coaster step back (RLR)

**REPEAT**

**TAGS 1 and 2** On 3rd sequence you will be facing the front. Both Tags 1 and 2 are done in this sequence.

Tag 1 is done after count 32 (see **\*\*\*** ) then continue dance

Tag 2 is done after count 48 (see **###** ) then continue dance

**TAGS 1 and 2, ROCKING CHAIR, PIVOT 1/2 L, PIVOT 1/2 L**

1,2,3,4            Rock R forward, rock back on L, rock/step R back, rock forward on L

5,6,7,8            Step R forward, pivot 1/2 L, step R forward, pivot 1/2 L - then continue dance

**ENDING: After the first stomp R forward, hold ( counts 32 and 33) do the following:**

1,2                Step L forward, pivot 1/2 R (weight on R)

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