

Body On Me

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2015
音乐: Body on Me (feat. Chris Brown) - Rita Ora : (Single - iTunes)



Starts on vocals.. 48, 48. Tag, 48, 64, 64, 31 with ending....

S1: Step, 1/4 Touch, Side, Cross, Scissor Cross, 1/4, 1/2, Step 1/2 Step.

- 1-2&3 Step forward on Left, make 1/4 turn to Right touching Right next to Left. step Right to Right side, cross step Left over Right. (3.00)
- 4&5 Step Right to Right side, step Left next to Right, cross step Right over Left.
- 6-7 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (12.00)
- 8&1 Step forward on Left, pivot 1/2 turn to Right, step forward on Left. (6.00)

S2: 1/2, Full Turn Circle, Step, 3/4, 1/2 Shuffle.

- 2-3&4 Make 1/2 turn to Left stepping back on Right (slightly sweeping Left out). Make 1/3 turn to Left stepping Left forward step Right next to Left, make 1/3 to Left stepping forward (12.00)
- &5 Step Right next to Left, make 1/3 to Left stepping forward on Left (this makes full circle)
- 6-7 Step forward on Right, make 3/4 turn to Right stepping Left next to Right (slight bend of knees) (9.00) 8&1 □ Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, make 1/4 turn to Right stepping forward on Right. (3.00)

S3: Mambo Step, Back 1/2 Rock, Recover 1/2, Step 1/2, 1/2.

- 2&3 Rock forward on Left, recover back on Right, step back on Left.
- 4&5 Step back on Right, make 1/2 turn to Left stepping forward on Left, rock forward on Right. (9.00)
- 6-7 Recover back on Left, make 1/2 turn to Right stepping forward on Right. (3.00)
- 8&1 Step forward on Left, pivot 1/2 turn to Right, make 1/2 turn to Right stepping Left next to Right. (3.00)

S4: 1/4 Side, Behind, Side, Cross Rock, Recover, Side, Cross, 1/4, Coaster Step.

- 2 Make 1/4 turn to Right stepping Right to Right side. (6.00)
- 3&4 Cross step Left behind Right, step Right to Right side, cross rock Left over Right.
- &5-6 Recover back on Right, step Left to Left side, cross step Right over Left.
- 7-8&1 Make 1/4 turn Right stepping back on Left. Step back on Right, step Left next Right , step forward on Right. (9.00)

S5: Step Lock Step, Step Lock Step, Step, 1/2, 1/2, 1/2 Shuffle.

- 2&3 Step forward to Left diagonal on Left, lock Right behind Left, step forward to Left diagonal on Left.
- &4& Step forward to Right diagonal on Right, lock Left behind Right, step forward to Right diagonal on Right.
- 5-6-7 Step forward on Left, make 1/2 pivot turn to Right, make 1/2 turn to Right stepping Left next to Right. (9.00)
- 8&1 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right , make 1/4 turn to Right stepping forward on Right. (3.00)

S6: Side, Rock, Kick, Cross, Coaster Step, 1/2 Sweep, 1/4 Sailor Step.

- 2&3& Rock Left to Left side, recover on Right, kick Left forward, cross step Left over Right.
- 4&5 Step back on Right, step Left next to Right, step forward on Right.
- 6 Make 1/2 pivot turn to Left as you sweep Left out to side (9.00)

7&8 Make 1/4 turn to Left stepping Left behind Right, step Right next to Left, step forward on Left.
(*R*) (6.00)

S7: 1/4 Ball Cross, Rock 1/4 Step, 1/2, 1/2, 1/4 Point, 1/2 Point, Samba Cross.

&1 Make 1/4 turn to Left stepping Right to Right side, cross step Left over Right. (3.00)

2&3 Rock Right to Right side, make 1/4 turn to Left stepping forward on Left, step forward on Right. (12.00)

4-5 Make 1/2 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right.

6-7 Make 1/4 turn to Right pointing Left to Left side, make 1/2 turn to Right pointing Left to Left side. (9.00)

8&1 Cross step Left over Right, rock Right to Right side, recover on Left. (travel forward slightly)

S8: Samba Cross, 1/4 Cross Side Behind, Behind Side Step, Step Lock.

2&3 Cross step Right over Left, rock Left to Left side, recover on Right.(travel forward slightly)

4&5 Cross step Left over Right, make 1/8 turn to Left stepping back Right, step back on Left. (4-7
1/4 Circular) (7.30)

6&7 Cross step Right behind Left, make 1/8 turn to Left stepping Left to Left side, step forward Right. (6.00)

8&(1) Step forward on Left, lock Right behind Left, (step forward on Left.)

Restart on Walls 1, 2 & 3. Dance up to and including count 48 then add a '&' step, stepping Right next to Left before you begin dance again.

TAG: End of WALL 2 ... Walk Forward Left-Right... Then Restart Dance From Beginning..

Ending ... on Wall 6 dance up to and including count 31 then do a Right Sailor 3/4 Cross to the front of hall :)
