

Body Like A Back Road

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lauren Adcock (USA) - February 2017
音乐: Body Like a Back Road - Sam Hunt



Count In: □ 16 Count

Notes: Restart on the 5th wall (12:00).

[1-8] □ BACKWARD WALK X2, SIDE ROCK CROSS, HOLD, BALL CROSS, full unwind with a sweep. □ End Facing

1,2 Step back R (1) , Step back L (2) * □ 12:00
3&4 Rock R foot to R side (3) recover weight to L (&) cross R foot over L (4) □ 12:00
5&6 Hold (5), Step L to L (&) cross R foot over L (6) □ 12:00
7,8 Unwind ½ turn L (7) sweep L foot Front to back touching L toe back (8) □ 12:00

*Styling □ On cts 1-2 You can pop opposite knee as the foot you step back on. □

[9-16] □ BODY ROLL, BALL STEP, TOUCH, POINT X3, HITCH WITH A ¼ TURN R □

1,2 Roll body on (1) Take weight on L (2) □ 12:00
&3,4 Step R foot next to L (&) step back on L (3) Touch R next to L (4) □ 12:00
5&6& Point R to R (5) step R next to L (&) Point L to L (6) Step L next to R (&) □ 12:00
7, 8 Point R to R (7), hitch R knee up making ¼ turn R (8) □ 3:00

Re-Start on 5th Wall Touch R next to L for ct 8. (Do not make ¼ turn w/hitch.) □

[17-24] □ STEP, ½ TURN R, ½ TURN R TRIPLE STEP, SIDE ROCK BALL SIDE ROCK □

1,2 Step R foot fwd (1) make a ½ turn R stepping back on L (2) □ 9:00
3&4 Make a ½ turn R stepping fwd on R (3) step together with L (&) step fwd on R (4) □ 3:00
5,6& Rock L foot to L side (5) transfer weight back to R (6), step L foot next to R (&) □ 3:00
7,8 Rock R foot to R side (7), transfer weight back to L (8) □ 3:00

[25-32] □ STEP R BEHIND, ½ TURN UNWIND R, CROSSING SHUFFLE, SIDE ROCK CROSS, ½ TURN UNWIND L W/ HIP ROLL □

1,2 Step R foot slightly behind L (1) unwind ½ turn L taking weight on R (2) □ 9:00
3&4 Cross L foot over R (3) step R foot to R side (&) cross L foot over R (4) □ 9:00
5&6 Rock R to R side (5) transfer weight to L (&) cross R foot over L (6) □ 9:00
7,8 Unwind a ½ turn L slowly while rolling hips (7-8) □ 3:00

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