

Love Your Body

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Forty Arroyo (USA) - February 2017
音乐: Shape of You - Ed Sheeran : (iTunes)



Starts 16 counts in on vocals

[1-8] STEP, CLOSE, TOUCH, CROSS, STEP, STEP, SHUFFLE, CHASE TURN

1&2 Step forward R diagonal, Step L next to R, Touch R forward diagonal
3&4 Cross R over L, Step slightly back on L, Step R to side
5&6 Shuffle forward – L, R, L
7&8 Step forward on R, Pivot ½ turn to left, Step forward on R (end at 6:00)

[9-16] □ REPEAT STEPS [1-8] WITH REVERSE FOOTWORK

1&2 Step forward L diagonal, Step R next to L, Touch L forward diagonal
3&4 Cross L over R, Step slightly back on R, Step L to side
5&6 Shuffle forward – R, L, R
7&8 Step forward on L, Pivot ½ turn to right, Step forward on L (end at 12:00)

[17-24] CROSS, ROCK, RECOVER (REPEAT) , SYNCOPATED SAILORS, TOUCH

1&2 Cross/rock R in front of L, Step L in place, Step R to side
&3&4 Step L in place, Cross/rock R in front of L, Step L in place, Step R to side
5&6 Step L behind R, Step R next to L, Step L to side
&7&8 Step R behind L, Step L next to R, Step R to side, Slide and touch L next to R (end at 12:00)

[25-32] REPEAT STEPS [17-24] WITH REVERSE FOOTWORK

1&2 Cross/rock L in front of R, Step R in place, Step L to side
&3&4 Step R in place, Cross/rock L in front of R, Step R in place, Step L to side
5&6 Step R behind L, Step L next to R, Step R to side
&7&8 Step L behind R, Step R next to L, Step L to side, Slide and touch R next to L (end at 12:00)

[33-40] STEP & SWIVEL (3X), ½ TURN WITH HIP ROTATION

1&2 Step R to side, Swivel L heel in, Step L in place
&3&4 Swivel R heel in, Step R in place, Swivel L heel in, Step L in place
5& Step slightly forward on R, pivot 1/8 turn to left – rotating hips CCW (weight on L)
6&7&8& Repeat steps (5&) – 3 more times – (end at 6:00)

[41-48] REPEAT STEPS[33-40]– WITH ¼ TURN

1&2 Step R to side, Swivel L heel in, Step L in place
&3&4 Swivel R heel in, Step R in place, Swivel L heel in, Step L in place
5& Step slightly forward on R, Start turning ¼ to left – rotating hips CCW
6&7&8& Repeat steps (5&) – 3 more times completing ¼ turn left – (end at 3:00)

[49-56] MAMBO – FORWARD & BACK, RIGHT & LEFT

1&2 Rock forward on R, Recover weight on L, Step R next to L
3&4 Rock forward on L, Recover weight on R, Step L next to R
5&6 Rock R to side, Recover weight on L, Step R next to L
7&8 Rock L to side, Recover weight on R, Step L next to R (end at 3:00)

[57-64] SHUFFLE FWD, WALK BACK, SHUFFLE FWD, WALK BACK

1&2 Shuffle forward right diagonal – R, L, R
3,4 Step back L diagonal, Step back R squaring off to 3:00 (shimmey as you step back)
5&6 Shuffle forward left diagonal – L, R, L

7,8 Step back R diagonal, Step back L squaring off to 3:00 (shimmey as you step back)

(Start over)

Contact: forty.arroyo@gmail.com
