

# Body Like a Back Road

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数:  
编舞者: Jenergy (USA) & Company - February 2017  
音乐: Body Like a Back Road - Sam Hunt



Alt. music: Dancing Kizomba by Alz Veliz

Weight starts on Right Foot

**Take weight ball of L, Hips thrusts, Step back L sliding R, Rumba box R, Rolling vine L**

- 1                    Step L next to R keeping weight elevated on ball of L foot (\*see end of dance for tips on flow)  
2&3                Step R forward thrusting R hip forward, shift weight back to L thrusting L hip back, Shift weight forward R thrusting R hip forward  
4                    Step L back dragging R  
5&6                Step back R, Step L to R, Step R to R side (prep/bend knee for rolling vine)  
7&8                Step L to L side turning 1/4 turn L, Step R as you turn 1/2 L, Step L turning 1/4 L to face 12 o'clock

**(Replace rolling vine with traditional vine if needed)**

**Cross Rock, Side Rock, Weave L, Sway L then R**

- 1-2                Step R across L, recover weight to L  
3-4                Step R to R side, recover weight to L  
5&6                Step R behind L, Step L to L side, Step R across L  
7-8                Step L to L swaying hips L, Step R to R swaying hips R

**Kick cross touch L-R then R-L, Rock forward L recover R, walk back L,R,L**

- 1&2                Kick L forward, Step L crossing over R, Touch R toe to R side  
3&4                Kick R forward, Step R crossing over L, Touch L toe to L side  
5-6                Step L forward, Recover weight to R  
7&8                Step back L, Step back R, Step back L

**Nightclub R, nightclub L, 1/4 turn R shuffle on R, Point L, Cross L over R, step back R**

- 1-2&                Slide R to R side, Rock L behind R, Recover weight R  
3-4&                Slide L to L side, Rock R behind L, Recover weight L  
5&6                1/4 turn R (facing 3 o'clock) as you step R forward, Step L to Right, Step R forward  
7                    Point L toe out to L side  
8&                Cross L over R, Step R back

**(\*Dance begins taking weight to L, flow is to Step L to R with weight being elevated up on balls of both feet before stepping forward R on 2 count for hip thrusts)**

Repeat & Enjoy!

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