

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!

Jenergy

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