

Body Like a Back Road

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hana Ries (USA) - February 2018
音乐: Body Like a Back Road - Sam Hunt



Intro: 18 counts (Start dancing on the word "South") CCW rotation
(Read R=right foot, L=left foot)

SWAY, TOUCH, SWAY, TOUCH, VINE RIGHT, TOUCH

1,2 Step R to right side and sway hips right, Touch L toe in place
3,4 Sway hips to left, Touch R toe in place
5,6,7,8 Step R down in place, Cross L behind R, Step R to right, Touch L next to R

Restart happens here on wall 5

SWAY, TOUCH, SWAY, TOUCH, VINE LEFT, TOUCH

1,2 Step L to left side and sway hips left, Touch R toe in place
3,4 Sway hips to right, Touch L toe in place
5,6,7,8 Step L down in place, Cross R behind L, Step L to left, Touch R next to L

DIAGONAL STEP, LOCK, LOCK SHUFFLE, DIAGONAL STEP, LOCK, LOCK SHUFFLE

1 Step R diagonally forward (towards 1:30)
2 Lock (cross) L behind R popping both knee slightly and lifting R heel up (=gentle dip)
3&4 Step R diagonally forward, Lock (cross) L behind R, Step R diagonally forward

Note: All counts 1-4 are moving diagonally forward towards 1:30

5 Step L diagonally forward (towards 10:30)
6 Lock (cross) R behind L popping both knee slightly and lifting L heel up (=gentle dip)
7&8 Step L diagonally forward, Lock (cross) R behind L, Step L diagonally forward

Note: All counts 5-8 are moving diagonally forward towards 10:30

PADDLE TURN 1/8 LEFT TWICE, JAZZ BOX/CROSS

1,2,3,4 Step R forward, Turn 1/8 left shifting weight onto L, Step R forward, Turn 1/8 left shifting weight onto L
5,6,7,8 Cross R over L, Step L back, Step R next to L (feet apart), Cross L over R (facing 9:00)

REPEAT

RESTART: On wall 5 (facing 12:00) restart the dance after the first 8 counts. In other words, after completing all 4 walls around the room, you'll be back facing the front wall. Then dance the first 8 counts twice and continue.

Contact - E-mail: hana.ries@yahoo.com