

Heavenly Body

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Nadia Friel (AUS)
音乐: A Heavenly Body - Travis Sinclair



CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE

1-2-3-4 Step left toe across right, drop left heel, step right toe to right side, drop right heel
5&6-7-8 Cross shuffle left across right stepping left-right-left, rock/step right to right side, rock weight to left

CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE

1-2-3-4 Step right toe across left, drop right heel, step left toe to left side, drop left heel
5&6-7-8 Cross shuffle right across left stepping right-left-right, rock/step left to left side, rock weight to right

ACROSS, SIDE, BEHIND, HEEL, STEP TAP, DIAGONALLY BACK, HEEL

1-2-3-4 Step left across right, step right to right side, step left behind right, tap right heel to left 45 across left
5-6-7-8 Rock weight forward onto right, tap left behind right, step left back to left 45, tap right heel to right 45

STEP TAP DIAGONAL BACK, TAP, DIAGONAL BACK, TAP, DIAGONAL BACK TAP, SCUFF

1-2-3-4 Step right to right 45, tap left beside right, step left back to left 45, tap right beside left
5-6-7-8 Step right back to right 45, tap left beside right, step left forward to left 45, scuff right forward
Body is facing forward during the last 8 counts

FORWARD, HOLD, FORWARD HOLD, SHUFFLE FORWARD, FORWARD, BACK

1-2-3-4 Step right forward, hold, step left forward, hold
5&6-7-8 Shuffle right forward (right-left-right), rock/step left forward, rock back on right

BACK TOE STRUT, BACK TOE STRUT, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

1-2-3-4 Toe/heel left back, toe/heel right back
5&6-7-8 Shuffle left back (left-right-left), rock/step right back, rock forward on left

ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE

1-2-3-4 Step right across left, step left back, step right to right side, scuff/sweep left forward and out to left side
5-6 Tap left out to left side and keep weight on right rotate hips to the left around to left and back to starting position
7-8 Weight still on right rotate hips to the left around to left and back to starting position

SIDE, BEHIND, ¼ LEFT, SCUFF RIGHT, PIVOT ½, PIVOT ¼

1-2-3-4 Step left to left side, step right behind left, turn ¼ left and step left forward, scuff right forward
5-6-7-8 Step right forward, pivot ½ left, step right forward, pivot ¼ left

ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE

1-2-3-4 Step right across left, step left back, step right to right side, scuff/sweep left forward and out to left side
5-6-7-8 Tap left out to left side (weight on right), rotate hips to the left around to left and back to starting position, (weight still on right), rotate hips to the left around to left and back to starting position

LEFT SIDE, BEHIND, SIDE, SCUFF/HITCH, STOMP FORWARD, TWIST/SHIMMY ½ LEFT

- 1-2-3-4 Step left to left side, step right behind left, step left to left side, scuff right forward and hitch knee slightly
- 5-6-7-8 Stomp right forward, pivot/twist ½ left and shimmy shoulders as you turn for 3 counts (as you twist change your weight from your right foot to your left foot)

FORWARD, BACK, LEFT COASTER BACK

- 1-2-3&4 Rock right forward, rock back on left, coaster step back (right-left-right)

REPEAT

TAG

On 3rd sequence you will be facing the front. Both tags are done in this sequence. Tag is done after count 32, then continue dance from count 33 and dance the tag again after count 48. Then continue dance

ROCKING CHAIR, PIVOT ½ LEFT, PIVOT ½ LEFT

- 1-2-3-4 Rock right forward, rock back on left, rock/step right back, rock forward on left
- 5-6-7-8 Step right forward, pivot ½ left, step right forward, pivot ½ left

Then continue dance

ENDING

After the first stomp right forward, hold (counts 32 and 33) do the following:

- 1-2-3 Step left forward, pivot ½ right and stomp left beside right
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