

# Love Your Body

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Forty Arroyo (USA) - February 2017  
音樂: 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)

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