

# Body Like a Back Road

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數:  
編舞者: Jenergy (USA) & Company - February 2017  
音樂: 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

Jena Connell

Jenergy01@yahoo.com

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