

Back Road Body

拍數: 32 牆數: 4 級數: Improver
編舞者: Lynn Card (USA) & Brenda Shatto (USA) - April 2017
音樂: Body Like a Back Road - Sam Hunt : (Single)



Note: Restart on wall 5 (starts at 12:00) after 16 counts. Optional tag- See bottom of sheet.

Intro: 16 counts, 11 seconds, on the word "south-side"

[1-8] Walk, Walk, Toe strut-bump, Step, Toe strut-bump, Step, Rock, Return

1,2 Walk forward R, L
3,4 Touch ball of R forward bumping hip, step R forward
5,6 Touch ball of L forward bumping hip, step L forward
7,8 Rock R forward, return to L [12:00]

[9-16] Back, Sweep, Back, Sweep ¼ Right, Pulsing triple back R, L

1,2 Step R back and sweep L front to back (over 2 counts)
3,4 Step L back and sweep R front to back making ¼ turn right (over 2 counts) [3:00]
5&6 Step R back (body angles right) and sit into R hip, pulse up, sit into R hip again
7&8 Step L back (body angles left) and sit into L hip, pulse up, sit into L hip again

(Optional body roll moving down for 7-8) * [3:00]

*** Restart on wall 5, facing 3:00**

[17-24] Rock, Return, Spiral ¾ Left, Hold, Side, Drag, Side, Step together

1,2 Rock R back, return to L (prep for left turn)
3,4 Step R forward and ¾ left spiral turn hitching L foot next to shin, hold [6:00]
5,6 Step L to left, drag R to L (weight stays on L)
7,8 Step R to right, step L next to R (angle body slightly to left diagonal) [6:00]

[25-32] Cross, Side, Cross, Hitch, Cross, Side, Cross, ¼ turn left Hitch

1,2,3 Cross R over L, step L to L, cross R over L (still facing left diagonal)
4 Hitch L and turn toward R diagonal [6:00]
5,6,7 Cross L over R, step R to R, cross L over R (still facing right diagonal)
8 Hitch R and ¼ turn left [3:00]

Optional Tag at end of wall 7, facing 9:00, and at 2:18 in the song. It's close to the end of the song so you can opt

to dance through it, but if you want to keep the phrasing do the following steps:

1-4 Bend knees/dip (1), straighten & push R hip to right (2), bend knees/dip (3), straighten & push L hip left (4)
5-8 Sway hips R, L, R, L.

Start wall 9 facing 9:00.

Ending : The song ends as you are doing count 29 (cross L over R) at 3:00. Unwind ¾ to right to face the front.

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographers with your questions.

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