

Body On Fire

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pam Conner (USA) - September 2017
音樂: Body on Fire - Maggie Rose



Intro: 16 cts - No Tags Or Restarts

Right NC Basic, 1/2 turn R on L foot, step R, cross L, Right NC basic, L rocking chair

1,2& Step R to R side, rock L behind, recover weight to R slightly crossed over L
3,4& Step back on L while turning 1/2 turn R, step R, cross L over R
5,6& Step R to R side, rock L behind, recover weight to R slightly crossed over L
7&8& Rock forward L, recover R, rock back L, recover R, all on slight L diagonal (6:00)

1/4 turn R stepping back on L, side R, cross L, R NC Basic, 1/4 turn R (L back), 1/2 turn R (R forward) with L sweep, step L over R, back R, back L

1,2& Step back on L turning 1/4 R, step R side, cross L over R
3,4& Step R to R side, rock L behind, recover weight to R slightly crossed over L
5,6,7 Step back on L turning 1/4 turn R, turn 1/2 turn R stepping forward on R while sweeping L, cross L over R and step on L
8& Step back on R then L (6:00)

Step R forward to 4:30, pivot 1/2 to L then step R, full turn to R with L,R,L, rock forward R, run back with L,R,L,R

1,2,3 Step R forward to 4:30, pivot 1/2 L turn to 1:30, step R prepping for turn
4&5,6 Step back on left turning 1/2 R, step forward R turning 1/2 R, step L, rock forward R
7&8& Run back with L,R,L,R (10:30)

Rock L back and recover R, 1/2 turn R, rock R back and recover L, step R, step L and full spiral turn to R, weave R,L,R,L

1,2& Rock back on L while opening up body, recover to right, step back on L turning 1/2 R (4:30)
3,4,5,6 Rock back on R while opening up body, recover to L, step R, step onto L turning spiral turn to R, squaring up to (3:00)
7&8& Step R to side, cross L front, step R to side, cross L behind (3:00)

Love this track! Hope you feel inspired to dance to it :)

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