

Bodies On Fire

COPPER KNOB
STEPSHEETS

拍數: 48
編舞者: Kat Painter (USA) - May 2017
音樂: Body on Fire - Maggie Rose

牆數: 4

級數: Phrased Intermediate



#16 slow ct intro – Phrased: – AAAAB AAAAB AAAB

Can be danced as a floor split with Champagne Rush by Kat Painter. Part A is Champagne Rush.

PART A – 16 cts

A1: SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER, FORWARD, STEP, ½ PIVOT, STEP, RECOVER

1,2& Step Rt foot to Rt side, Step Lt foot back, Step Rt foot forward
3,4& Step Lt foot to Lt Side, Step Rt foot back, Step Lt foot forward
5,6& Step Rt foot forward, Step Lt foot forward, Turn ½ Rt Stepping Rt foot forward (6:00)
7,8 Step Lt foot forward, Step Rt foot back

(styling: sway body forward and back on 7,8)

A2: LOCKING SHUFFLE, STEP, ¼ PIVOT, ⅛ CROSS, ⅝ CURVING RUN, BRUSH, ¼ KNEE HITCH

1&2 Step Lt foot forward, Slide Rt foot to outside of Lt, Step Lt foot forward
3&4 Step Rt foot forward, Turn ¼ Lt Stepping Lt foot side Lt (3:00), Step Rt foot diagonally across Lt (1:30)
5&6,7& Running in a ⅝ circle Lt: Step Lt foot forward (12:00), Step Rt foot forward (10:30), Step Lt foot forward (9:00),

Step Rt foot forward (7:30), Step Lt foot forward (6:00)

8& Brush Rt foot forward, Turn ¼ Lt Hitching Rt knee (3:00)

(styling: On 8& use the brush and hitch as a bicycling backward motion and lean body to Lt as knee hitches, then shoot Rt foot to Rt side)

PART B – 32 cts (Danced only during Chorus)

B1: TOE, HEEL, ROCK, STEP, TOE, HEEL, ROCK, STEP, OUT, OUT, FLICK, SIDE, TOUCH, TAP

1&2& Touch Rt toe to Rt side, Drop Rt heel to ground, Step Lt foot back, Step Rt foot forward
3&4& Touch Lt toe to Lt side, Drop Lt heel to ground, Step Rt foot back, Step Lt foot forward
5&6 Step Rt foot diagonally forward to Rt, Step Lt foot diagonally forward to Lt, Brush Rt foot behind Lt
7,8& Step Rt foot to Rt side, Touch Lt toe next to Rt foot, Touch Lt toe next to Rt foot a second time

B2: STEP, STEP, ¼ PIVOT, CROSS, ¼ BACK, ½ TOGETHER, STEP, BACK, SWAY, SWAY, STEP

1,2& Step Lt foot forward, Step Rt foot forward, Turn ½ Lt Stepping Lt foot forward (6:00)
3,4& Step Rt foot forward, Turn ½ Rt Stepping Lt foot back (12:00), Turn ½ Rt Stepping Rt foot next to Lt (6:00)
5,6,7&8 Step Lt foot forward, Step Rt foot back, Shift weight forward, Shift weight back, Step Lt foot forward

B3: STEP, ¼ PIVOT, CROSS, SIDE, BEHIND, ¼ STEP, STEP, BACK, SWAY, STEP

1&2 Step Rt foot forward, Turn ¼ Lt Stepping Lt foot to Lt side (3:00), Step Rt foot over Lt
3&4 Step Lt foot to Lt side, Step Rt foot behind Lt, Turn ¼ Lt Stepping Lt foot forward (12:00)
5,6,7&8 Step Rt foot forward, Step Lt foot back, shift weight forward, Shift weight back, Step Rt foot forward

B4: CROSS ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, ROCK & ¾ SPIRAL, STEP, STEP, BRUSH, ¼ HITCH

1&2& Step Lt foot forward, Step Rt foot in place, Step Lt foot side Lt, Step Rt foot in place
3&4 Step Lt foot behind Rt, Step Rt foot side Rt, Cross Lt foot over Rt

5&6 Step Rt foot to Rt side, Step Lt in place, Turn $\frac{3}{4}$ Rt keeping Rt toe on ground ending Rt crossed over Lt (9:00)

7&8& Step Rt foot forward, Step Lt foot forward, Brush Rt foot forward, Turn $\frac{1}{4}$ Lt Hitching Rt knee (6:00)

(styling: On 8& use the brush and hitch as a bicycling backward motion and lean body to Lt as knee hitches, then shoot Rt foot to Rt side for count 1)

Start Again
