

Body Talks

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Paulino (USA) - December 2018
音樂: Body Talks - The Struts



***1 Restart, 1 Tag Restart**

Intro - 16 Count

[1-8] KICK X2, HALF TURN KICK X2, CROSS OVER & HEEL JACK X2

1&2& R kick forward, neutral step with R foot, L kick forward, ½ turn step left on L foot
3&4& R kick forward, ½ turn step left on R foot, L kick forward, L neutral step together
5&6& R foot cross over L, L side step & R heel diagonal, R foot neutral step
7&8& L foot cross over R, R side step & L heel diagonal, L foot neutral step

[9-16] CROSS OVER RECOVER HEEL JACK, CROSS OVER RECOVER QUATER STEP, QUARTER HITCH X2, LEFT SHUFFLE FORWARD

9&10& R cross over L, recover on L, R foot side step & L heel diagonal, L foot neutral step
11&12 R cross over L, recover on L, ¼ turn to right step on R foot
13,14 L hitch & ¼ pivot right on R foot, L hitch & ¼ pivot R on R foot
15&16 L step forward, R step together, L step forward

[17-24] ROCKING CHAIR, ½ TURN SLIDE HITCH, ½ TURN SLIDE HITCH

17&18& R foot rock forward, recover on L, R foot rock back, recover on L ¼ turn left
19,20 R foot ¼turn left stepping back, L foot slide from front to neutral & hitch (weight shift stays on R)
21&22& L foot rock back, recover on R, L foot rock forward, recover on R ¼ turn left
23,24 L foot ¼turn left stepping forward, R foot slide from back to neutral & hitch (weight shift stays on L)

[25-32] SYNCOPATED BOXSTEP, KICK, STEP, SIDE STOMP x2, HIP ROLL

25&26& Cross R over L, step back on L, side step with R foot, cross L over R
27&28& Step back on R, side step with L foot, R kick forward, neutral step with R foot
29,30 L side stomp, R side stomp
31-32 Hip roll from L, counter clockwise all the way around until weight shift ends on L

***2nd wall 16 count restart**

***7th wall (back wall): 7th step (L crosses over R) hold for 8th count, unwind ½ turn keeping weight shift on L for 2 counts (ending on front wall). Restart**

EASY VERSION:

First 4 counts will be 4 heel struts going forward (small steps), and replacing QUARTER HITCH X2 in the second 8 count to double quarter turn paddles

[1-8] HEEL STRUTX4, CROSS OVER & HEEL JACK X2

1&2& R heel touch forward, drop toes to the floor, L heel touch forward, drop toes to the floor
3&4& R heel touch forward, drop toes to the floor, L heel touch forward, drop toes to the floor
5&6& R foot cross over L, L side step & R heel diagonal, R foot neutral step
7&8& L foot cross over R, R side step & L heel diagonal, L foot neutral step

[9-16] CROSS OVER RECOVER HEEL JACK, CROSS OVER RECOVER ¼ STEP, ¼ TURN PADDLE X2, LEFT SHUFFLE FORWARD

9&10& R cross over L, recover on L, R foot side step & L heel diagonal, L foot neutral step
11&12 R cross over L, recover on L, ¼ turn to right step on R foot

13,14 L foot paddle with $\frac{1}{4}$ pivot right on R foot, L foot paddle with $\frac{1}{4}$ pivot right on R foot
15&16 L step forward, R step together, L step forward

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