

Body On My Mind

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Joan Morro (ES) - August 2021
音樂: Body on My Mind - Alok



Intro: 16 counts

[1-8] DOROTHY X 2, STEP FWD & DOUBLE KNEE POP, BACK SLIDE & DRAG

1, 2& RF step fwd slightly right diagonal, LF step fwd lock behind RF, RF step in place
3, 4& LF Step fwd slightly Left diagonal, RF Step fwd lock behind LF, LF step in place
5&6 RF step Fwd, BF put both feet on the ball (Knee pop), BF Drop feet
7, 8 RF Big Step bwd, LF drag to LF

[9-16] BALL STEP, STEP FWD, ROCK SIDE CROSS, 3/8 STEP TURN R, CROSS & HEEL

&1, 2 LF step together Rf on Ball, RF Step Fwd, LF step fwd
&3, 4 RF rock side R, LF Recover, RF Cross over LF
5, 6 LF Step Fwd to diagonal (10.30), RF Turn 3/8 R & step side R (3.00)
7&8 LF Cross over RF, RF Step Side R, LF Heel Touch near RF

[17-24] VAUDEVILLE, SNAKE ROLL, HEEL STOMP X 2

&1,&2,&3 LF Step slightly bwd, RF Cross over L, LF Step side L, RF Heel Touch near LF, RF Step Slightly bwd, Lf Cross Over R
4,5,6 Step side with 1/8 turn R (4.30), start Snaked roll weight on RF, Finish Snaked roll weight LF
7,8 RF heel Stomp, RF heel Stomp

[25-32] KICK, SLOW COASTER STEP, OUT OUT, SWIVET X2 R&L

1 RF Kick fwd
2,3,4 RF Step bwd, LF Step bwd together RF, RF Step Fwd
5,6 LF step out L, RF step out R
&7 BF RF swivel R on heel & LF Swivel R on Toe, BF return to center
&8 BF RF Swivel L on toe & LF Swivel L on heel, BF return to center

[33-40] SLIDE & TOGETHER, BACK LOCKSTEP, TURN TOE STRUT ½ L, ½ L STEP TURN

1,2 RF Big step to R side with 1/8 turn R (6.00), LF Step together RF
3&4 RF step bwd, LF step bwd lock over RF, RF step bwd
5,6 LF ½ turn L & toe touch, LF Drop heel (12.00)
7,8 RF Step fwd, LF ½ turn L & Step fwd (6.00)

[40-48] RELEVÉ KICK BALL STEP, ROCK FWD, ¼ TURN R, OUT OUT, ELVIS KNEES R&L

1&2 BF LF up to relevé & RF Kick fwd, BF LF drop heel & RF step together LF, LF step fwd
3,4 RF Rock fwd, LF Recover
5,6 RF ¼ turn R & step side R, LF step slightly out (side Left) (9.00)
&7&8 RK turn right knee inside, Rk recover, LK turn left knee inside, LK recover

[49-56] ¼ TURN L, ½ TURN L, SHUFFLE WITH ½ TURN L, BODY ROLL X 2 & HITCH

1,2 LF ¼ turn L & step fwd (6.00), RF ½ Turn L & step bwd (12.00)
3&4 LF ½ L & step fwd (6.00), RF step fwd near LF, LF step fwd
5,6 RF Rock fwd start body roll, LF recover finish body roll
7,8 RF Rock fwd Start body roll, LF recover with Hitch RF

[57-64] SHUFFLE FWD, ROCK FWD, 3 STEP BWD & TOUCH

1&2 RF Step fwd, LF Step fwd near RF, RF Step Fwd

3,4 LF Rock fwd, RF Recover
5,6,7 LF step bwd, RF Step Bwd, LF step bwd (with styling)
8 RF touch near LF

Tag 1; In the second wall, after count 32

1 RF Slide side R with 1/8 turn R (12.00)
2,3 LF Drag
4 LF Stomp near RF

Tag 2: in the Fifth wall, after count 32

1,2 RF Slide side R with 1/8 turn R (6.00), LF touch near RF
3,4 LF Rock Bwd, RF recover
5,6 LF Rock Fwd, RF recover
7 LF Stomp near RF
&8 BH Clap & Clap
