

# Bodyshop

**COPPER KNOB**  
STEPSHEETS

拍數: 96      牆數: 2      級數: Phrased Intermediate / Advanced  
編舞者: Faith Sirois (USA) - November 2022  
音樂: Unholy - Sam Smith & Kim Petras



Sequence as follows: A,A,B ,A,A,B, A

Notes: Dance beings at 22 seconds

## PART A: 32c

### [1-8] PUSH R - RECOVER - PUSH L - STEP - ½ TURN HITCH - COASTER

- 1&2            (1) Step RF to R side on ball of foot, heel facing out, Turning torso ¼ left, (&) Push off RF replacing weight to LF (2) Step RF to center and face back to front
- 3&4            (3) Step LF to L side on ball of foot, heel facing out, Turning torso ¼ right, (&) Push off LF replacing weight to RF (4) Step LF to center and face back to front
- 5&6            (5) Step RF forward, (&) ½ turn over L shoulder hitching LF
- 7&8            (7) Step LF back, (&) Step RF together, (8) Step LF forward

### [9-16] HEEL GRIND - COASTER - SHUFFLE L - ROCK - HOOK - ½ TURN R

- 1,2            (1) Step forward on R heel with toes pointed to 10:30, (2) Rotate R toes to 3:00
- 3&4            (3) Step RF back, (&) Step LF together, (4) Step RF forward
- 5&6            (5) On a diagonal step LF forward, (&) Step RF behind LF, (6) Step LF forward
- 7&8            (7) Rock RF forward, (&) Recover weight on LF, (8) Hook RF over L shin, ½ turn over R shoulder

### [17-24] SHUFFLE R - ROCK - ½ TURN L - SHUFFLE L - STEP - ½ PIVOT

- 1&2            (1) Step RF forward, (&) Step LF behind RF, (2) Step RF forward
- 3&4            (3) Rock LF forward (&) Recover weight on RF, (4) ½ turn over L shoulder
- 5&6            (5) Step LF forward, (&) Step RF behind LF, (6) Step LF forward
- 7,8            (7) Step RF forward, (8) Push hips around counterclockwise to pivot your body ½ turn over your L shoulder on the ball of your feet

Styling: I personally like to add a little something extra on the 3rd count of 8 when you hear a \*ding\* in the music, for example a wink, arm motions, etc.

### [25-32] GRAPEVINE RIGHT - TAP - 3-POINT TURN - TAP

- 1,2            (1) Step RF to the R, (2) Step LF behind RF
- 3,4            (1) Step RF to the R, (2) Tap L toe beside RF
- 5&6            (5) Step LF to the L, (&) ½ over your L shoulder, (6) Tap RF to the R
- 7&8            (7) ½ over your L shoulder, (&) Step LF to the L, (8) Tap R toe beside LF

## PART B: 64c

### [1-8] STEP - BODY ROLL (X2) - SAILOR STEP - SAILOR STEP

- 1,2            (1) Step out R (2) Body roll
- 3,4            (3) Step LF beside RF, (4) Body roll
- 5&6            (5) Step RF behind LF (&) Step LF next to RF (6) Step RF slightly to R
- 7&8            (7) Step LF behind RF (&) Step RF next to LF (8) Step LF slightly to L

### [9-16] ROCK - SHUFFLE - ROCK - SHUFFLE

- 1,2            (1) Cross RF in front of LF, rock weight onto RF (2) Weight transfers back onto LF
- 3&4            (3) Step RF back to center (&) Step LF beside RF (4) Step RF out to the R making a ¼ turn to the R
- 5,6            (5) Cross LF in front of RF, rock weight onto LF (6) Weight transfers onto RF

7&8 (7) Step LF back to center (&) Step RF beside LF (8) Step LF out to the L facing back to the center

**[17-24] KICK STEP TOUCH - KICK STEP TOUCH - STOMP RF - STOMP LF - DROP IT LOW!**

1&2 (1) Kick RF forward (&) RF steps back into center (2) L toe taps out to the L  
3&4 (3) Kick LF forward (&) LF steps back into center (4) R toes taps out to the R  
5,6 (5) Stomp RF (6) Stomp LF  
7,8 Drop it down low!!!

**[25-32] SCUFF - STEP - HIP BUMP (X2) - WALK FWD (X2) - STEP - DROP & REACH**

1&2 (1) Stand up straight, (&) Scuff R heel, (2) Step RF back and shift weight onto RF  
3,4 (3) Bump L hip forward (4) Bump L hip forward  
5,6 (5) Walk forward RF (6) Walk forward LF  
7&8 (7) R toe points out to the R (&) Upper body drops down to touch R foot/ankle (8) Arch back to stand you up straight

**[33-40] GROOVE R - GROOVE L - STEP BACK (X2) - 3-POINT ½ TURN**

1,2 (1) RF steps front and out ¼ R, (2) Slide LF beside RF  
3,4 (1) LF steps front and out ¼ L, (2) Slide RF beside LF  
5,6 (5) Step RF back (6) Step LF back  
7&8 (7) Step RF to the R turning ¼ turn over R shoulder (&) Step LF beside RF (8) Step RF to the R turning ¼ turn over R shoulder

**[41-48] PUSH L - RECOVER- ½ TURN HITCH - SHUFFLE - STEP - ½ PIVOT - STEP - ½ PIVOT**

1&2 (1) Rock LF forward (&) Recover weight on RF (2) Hook LF over R shin, ½ turn over L shoulder  
3&4 (3) Step LF forward, (&) Step RF behind LF, (4) Step LF forward  
5,6 (5) RF steps forward, (6) Pivot ½ turn over L shoulder on the ball of RF  
7,8 (7) RF steps forward, (8) Pivot ½ turn over L shoulder on the ball of RF

**[49-56] HEEL JACK - HEEL JACK**

1,2 (1) Step RF to the R, (2) Step LF behind RF  
3&4& (3) Step RF to the R, (&) Present L heel forward at a R diagonal, (4) Step LF beside RF (&) Cross RF in front of LF  
5,6 (5) Step LF to the L, (6) Step RF behind LF  
7&8& (7) Step LF to the L, (&) Present R heel forward at a L diagonal, (8) Step RF beside LF, (&) Cross LF in front of RF

**[57-64] STEP - PIVOT - RECOVER - STEP - PIVOT - FREESTYLE!!**

1&2 (1) Step RF forward, (&) Swing hips around counterclockwise and pivot RF on ball of foot around to about 10:30, (2) Recover weight back on LF  
3&4 (3) Transfer weight back to RF, (&) Swing hips again counterclockwise and pivot RF on ball of foot to 9:00, (4) Recover weight back on LF  
5,6,7,8 FREESTYLE FOR FOUR COUNTS!!

**\*\*\*\*Tons of room to add lots of flare and personality such as hair flips, drop it low, etc.!!**

**This dance is a bit fast but super fun!! So have a good time and style it in your own way and make it your own!**

**Make sure to tag me in your videos via Instagram and/or Tiktok!!**

**@\_Faithconners\_420**

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