

# Body On My Mind

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver / Intermediate  
編舞者: Markus Eiselt (DE) - November 2022  
音樂: Body On My Mind - Moonshine



Restarts: no

Tags: 3x end Wall 4,6,9 - 4 Count hold

Start the Dance after 32 Counts

## (1-8) Side r ran r, side and side r, rock fwd l, side and side l

1-2            Step to the right with your right (1), then step your left next to your right (2)  
3&4           Step right to right (3), then touch left to right(&4)  
5-6           Step forward with left (5) and weight back on right (6)  
7&8           Step left with left (7), then step right next to left (&8)

## (9-16) 1/2 Turn r, side and side r, rock fwd l, side and side l

1-2            Cross your right behind your left (1), and do a half turn (2)  
3&4           Step right to right (3), then touch left to right (&4)  
5-6           Step forward with left (5), and return weight to right foot (6)  
7&8           Step left to left (7), then step right next to left (&8)

## (17-24) Shuffle 1/2 Turn r, rock back l, Shuffle 1/2 Turn l, rock back r

1&2           1/2 turn left step right with right (1), step left next to right then step back with right(&2)  
3-4           Step back on left (3), and weight back onto right (4))  
5&6           1/2 turn right step left with left (5), bring right next to left step back with left (&6)  
7-8           Step back on right (7), and weight back onto left foot (8)

## (25-32) Jazz box, mambo fwd r, mambo back l

1-4            Cross your left with your right (1), and step back with your left (2), Step to the right with the right (3), touching the left to the right (4)  
5&6           Step forward with right (5), then return to starting position (&6)  
7&8           Step back with left (7), then return to starting position (8)

Last Update – 19 Nov. 2022