

I Love My Body

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Russibell Seoh (KOR) - October 2023
音樂: I Love My Body - HWASA (화사)



Intro : 16 Counts

Tag 1 : 6 Counts , R Side & Slow Clockwise Hip Roll From R To L For Three Counts , Touch R Next To L , In Place R L

1234 R Side & Slow Clockwise Hip Roll From R To L For Three Counts , Touch R Next To L
56 In Place Step R L

Tag 2 : 4 Counts , Make the numbers 1, 2, 3, and 4 with your right finger.

1234 Make the numbers 1, 2, 3, and 4 with your right finger.

Part A : 32 Counts

Part B : 32 Counts

Sequence : A A A (16) B / A A A(16) B / A , Tag (6 Counts) ,B , Tag (4 Counts) , A

Part A: 32 Counts

A Sec1 : In Place R L R L & Hand Movement , Rock R Fwd , Recover On L , R Back , Touch L Fwd , Swivel Both Heels To L While Both Heels Are Up , Swivel Both Heels To Center

1234 In Place R L R L & Hand Movement ,

Styling : Put the ends of your palms together, open your hands and turn them clockwise On 1,2,3 Count , For the 4 counter, place your entire palm together.

56 Rock R Fwd , Recover On L

&7&8 Step R Back , Touch L Fwd , Swivel Both Heels To L While Both Heels Are Up , Swivel Both Heels To Center

A Sec2 : Step Ball Of L Back , Step R Fwd , 1/2 L Pivot Turn On L , Touch R Diagonal Fwd, In Place R Heel Down , Touch L Diagonal Fwd , In Place L Heel Down , Step R Back , Close L Next To R

&12 Step Ball Of L Back , Step R Fwd , 1/2 L Pivot Turn On L (6:00)

34 Touch R Diagonal Fwd, In Place R Heel Down

56 Touch L Diagonal Fwd , In Place L Heel Down

78 Step R Back , Close L Next To R

A Sec3 : Making 1/4 R Turn Fwd Walk R L , Step Ball Of R Fwd , Lock L Behind R , Shoulder Pop R L , Step R Fwd , 1/4 R Turn Sweep L From Back To Front , Cross L Over R , R Side , Cross L Behind R

12 Making 1/4 R Turn Fwd Walk R L (9 :00)

&3&4 Step Ball Of R Fwd , Lock L Behind R , Shoulder Pop R L

56 Step R Fwd ,1/4 R Turn Sweep L From Back To Front (12 :00)

7&8 Cross L Over R , R Side , Cross L Behind R

Asec4 : 1/4 R Turn Step R Fwd, Hitch & Hip Bump L , Coaster ,R Side , Flick Cross L Behind R , L Side , Flick Cross R Behind L

12 1/4 R Turn Step R Fwd (3:00) , Hitch & Hip Bump L

3&4 Step L Back , Close R Next To L , Step L Fwd

56 Step R To R Diagonal Fwd , Touch L Next To R

78 Step L To L Diagonal Fwd , Touch R Next To L

Part B : 32 Counts

B Sec1 : 1/8 R Turn R Side & Hip Sway R , In Place Step & Hip Sway L R L , 1/4 L Turn Touch Close L Next

To R , R Hip Bump R X3 , L Side & Hand Movement

1234 1/8 R Turn R Side & Hip Sway , In Place Step & Hip Sway L R L

Styling : Swipe down your Neck alternately with both hands. & 1/8 L Turn Touch Close L Next To R

567 Hip Bump R X 3 & Hand Movement

Styling : Pretend to curl your hair with your index finger on 5,6 ,7 Count

8 L Side & Hand Movement

Styling : Lower your arms while hitting the hair on both sides with both hands.

B Sec2 : Lift The Heel Of R Foot & Swivel To The Outside , Lift The Heel Of L Foot & Swivel To The Outside , Both Arms Hit Each Other Twice , Touch Your Chest & Stomach With Both Hands In That Order , Hip Bump R L R X2 , Standing With Both Hands Folded ,As Sit Down, Sweep Knees With Both Hands.

1&2& Lift The Heel Of R & Swivel To Outside, Swivel Heel Of R Center , Lift The Heel Of L & Swivel To Outside , Swivel Heel Of L Center

Styling : Stretch both arms and hit them so that they touch.

3& Both Arms Hit Each Other Twice

Styling : Stretch both arms and hit them so that they touch

4& Touch Your Chest , Stomach With Both Hands In That Order

5&6 Hip Bump R L R

78 Standing With Both Hands Folded & As Sit Down, Sweep Knees With Both Hands For Two Counts

Styling : At this time, sit with your knees apart. On 8 Counts

B Sec3 : Lift Left Foot Forward , Bounce Hips Three Times , L Side , R Side , Quick In Place Step L & R & Hand Movement , Lean Upper Body Fwd

1234 Lift Left Foot Forward , Bounce Hips Three times

Styling : At this time, both hands are slightly clenched to the sides.

56 L Side & Hip Bump, R Side & Hip Bump

Styling : When going left, both hands move to the left, and when going right, both hands move together to the right.

&7 In Place L & Hip Bump, In Place R & Hip Bump

Styling : Touch your right hand to your left waist, then touch your left hand to your right waist.

8& Lean Upper Body Fwd & Cover Neck With R Hand , Place L Hand On Top Of R Hand

B Sec4 : Hip Sway R L R L , 1/4 R Turn Step R Back , Touch L Next To R & Raise L Arm , L Hip Bump & Place Right Hand On Your Left Wrist , Slowly Shift Your Weight To Your Left Foot For Two Counts

1234 Hip Sway R L R L

Styling : Place both hands in front of your sides and shake them.

&56 1/4 R Turn Step R Back , Touch L Next To R & Raise L Arm , L Hip Bump & Place Right Hand On Your Left Wrist

78 Slowly Shift Your Weight To Your Left Foot For Two Counts

Styling : The right hand slides down along the left arm.

Happy Dancing!!
