

Make That Body Count

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Grace David (KOR) & Jo Kinser (UK) - May 2024
音樂: Body Count - Jason Derulo



Intro: 16 Counts

*Thank you to Jean-Pierre Madge for the music~

SEC 1: R PONY STEP, L PONY STEP, BALL, WALK, WALK, L SIDE ROCK-RECOVER

1&2 Step RF back hitching L knee, Step LF next to RF, Step RF back hitching L knee
3&4 Step LF back hitching R knee, Step RF next to LF, Step LF back hitching R knee
&56 Step RF next to LF on ball, Step LF Fwd, Step RF fwd
7 8 Rock LF on L side, Recover on RF

SEC 2: BALL SIDE, HOLD, BALL SIDE, TOUCH, ROLLING SLIDE, DRAG

&1 2 Step LF next to RF on ball, Step RF on R side, Hold (Optional: Body Roll)
&3 4 Step LF next to RF on ball, Step RF on R side, Touch LF next to RF (Optional: Body Roll)
5 6 Turn 1/4 to L stepping LF Fwd, Turn 1/2 to L Stepping RF back
7 8 Turn 1/4 to L sliding LF on L side, Drag RF towards LF

SEC 3: BALL, 1/4 JAZZBOX W/ CROSS, SIDE, TOUCH DIAG, SIDE, 1/4 TOUCH DIAG

&1 2 Step RF next to LF on ball, Cross LF over RF, Turn 1/4 to L stepping RF back (9:00)
3 4 Step LF on L side, Cross RF over LF
5 6 Step LF on L side, Point RF on R diagonal (Optional: Dip and Roll hips on Count 5)
7 8 Step RF down, Turn 1/4 to L pointing LF Fwd (Optional:Dip and Roll hips on Count 7)(6:00)

SEC 4: L FWD ROCK-RECOVER, BALL BACK, TOGETHER, SIDE SWITCHES, BALL

1 2 Rock LF fwd, Recover on RF (Optional: Roll upper body forward)
&34 Step LF next to RF on ball, Step RF back, Step LF next to RF
5&6& Point RF to R side, Step RF next to LF, Point LF on L side, Step LF on L side
7&8& Point RF to R side, Step RF next to LF, Point LF on L side, Step LF on L side on ball

TAG: 16 Counts TAG: After 2nd & 4th Wall facing 12:00

CROSS, HOLD, BALL- BEHIND, HOLD, BALL CROSS, 3/4 WALKS (12:00)

1 2 Cross RF over LF, Hold
&34 Step LF on L side on ball, Step RF behind LF, Hold
&5 Step LF on L side on ball, Cross RF over LF
678 Walk around 3/4 to L, LRF (12:00)

SIDE ROCKS SYNCOPATED, FWD ROCK-RECOVER, FULL TURN TO R(OPTIONAL: BACK, BACK)

1 2& Rock RF on R side, Recover on LF, Step RF next to LF on ball
3 4& Rock LF on L side, Recover on RF, Step LF next to RF on ball
5 6 Rock RF Fwd, Recover on LF
7 8 Turn 1/2 to R stepping RF Fwd, Turn 1/2 to R stepping LF back

[Optional turn on cts 7,8: Step RF back(7), Step LF back (8)]

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