

Your Beautiful Body

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Nigel Payne (UK)
音樂: If I Said You Had A Beautiful Body - Dave Sheriff



RIGHT CHASSE, LEFT ROCK RECOVER, LEFT CHASSE, RIGHT RECOVER

1&2 Step right foot to right side, step left beside right foot, step right foot to right side
3-4 Rock left foot back behind right, rock forward onto right foot
5&6 Step left foot to left side, step right beside left foot, step left foot to left side
7-8 Rock right foot back behind left, rock forward onto left foot

SYNCOPATED STEP TO THE RIGHT WITH CLAPS, HIP BUMPS

9-10 Step right foot to right side, clap, (weight on right)
&11 Step left foot beside right foot, step right foot to right side, (weight ends on right)
12 Clap
13-16 Bump hips left, right, left, right

LEFT CHASSE, RIGHT ROCK RECOVER, RIGHT CHASSE, LEFT ROCK RECOVER

17&18 Step left foot to left side, step right beside left foot, step left foot to left side
19-20 Rock right foot back behind left, rock forward onto left foot
21&22 Step right foot to right side, step left beside right foot, step right foot to right side
23-24 Rock left foot back behind right, rock forward onto right foot

SYNCOPATED STEP TO THE LEFT WITH CLAPS, HIP BUMPS

25-26 Step left foot to left side, clap, (weight on left)
&27 Step right foot beside left, step left foot to left side, (weight ends on left foot)
28 Clap
29-32 Bump hips right, left, right, left

RIGHT SHUFFLE TURNING ¼ TURN RIGHT, LEFT SHUFFLE

33&34 Step right foot to right side turning ¼ turn right, step left foot beside right, step right foot forward, (now facing 3:00)
35&36 Step forward on left foot, step right foot beside left, step forward on left foot

RIGHT & LEFT SHUFFLE TURNING ¼ LEFT

This turn should be done as a arc traveling around to the left

37&38 Step right foot ¼ turn to the left, step left beside right, step right foot ¼ to the left, (now facing 9:00)
39&40 Step left foot ¼ turn to the left, step right beside left foot, step right foot forward (now facing 6:00)

WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH

41-44 Walk forward right, left, right, kick left foot forward & clap
45-48 Walk back on left, right, left, touch right toe beside left foot

GRAPEVINE RIGHT & LEFT WITH CLAPS

49-52 Step right foot to right side, step left foot behind right foot, step right foot to right side, touch left toe beside right foot & clap
53-56 Step left foot to left side, step right foot behind left foot, step left foot to left side, touch right toe beside left foot & clap

Grapevines can be done as rolling vines

CIRCLE SHUFFLE LEFT, SHUFFLING RIGHT, LEFT RIGHT, LEFT

57&58 Step ¼ turn left on right foot, step left foot beside right, step right foot forward

59&60 Step ¼ turn left on left foot, step right foot beside left, step left foot forward

61&62 Step ¼ turn left on right foot, step left foot beside right, step right foot forward

63&64 Step ¼ turn left on left foot, step right foot beside left, step left foot forward

REPEAT
