

Heavenly Body

COPPER KNOB
STEPSHEETS

拍數: 84 牆數: 2 級數: Intermediate
編舞者: Nadia Friel (AUS) - September 2005
音樂: A Heavenly Body - Travis Sinclair : (Album: Rush)



16 count intro begin on vocals, 130 bpm

1 - 8 CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE
1,2,3,4 Step L toe across R, drop L heel, step R toe to R side, drop R heel
5&6,7,8 Cross Shuffle L across R stepping LRL, Rock/step R to R side, rock weight to L

8 - 16 CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE
1,2,3,4 Step R toe across L, drop R heel, step L toe to L side, drop L heel
5&6,7,8 Cross shuffle R across L stepping RLR, rock/step L to L side, rock weight to R

16 - 24 ACROSS, SIDE, BEHIND, HEEL, STEP TAP, DIAGONALLY BACK, HEEL,
1,2,3,4 Step L across R, step R to R side, step L behind R, tap R heel to L45 across L
5,6,7,8 Rock weight forward onto R, tap L behind R, step L back to L45, tap R heel to R45

25 - 32 DIAG FWD, TAP, DIAG BACK, TAP, DIAG BACK, TAP, DIAG FWD, TAP, SCUFF
1,2,3,4 Rock/step R forward to R45, tap L beside R, step L back to L45, tap R beside L
5,6,7,8 Step R back to R45, tap L beside R, step L forward to L45, scuff R forward ***
Note: Body is facing forward during the last 8 counts

33 - 40 FORWARD, HOLD, FORWARD HOLD, SHUFFLE FWD, FORWARD, BACK
1,2,3,4 Step R forward, hold, step L forward, hold
5&6,7,8 Shuffle R forward (RLR), rock/step L forward, rock back on R

41 - 48 BACK TOE STRUT, BACK TOE STRUT, SHUFFLE BACK, ROCK BACK, ROCK FWD
1,2,3,4 Toe/heel L back, toe/heel R back,
5&6,7,8 Shuffle L back (LRL), rock/step R back, rock forward on L ###

49 - 56 ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE
1,2,3,4 Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side
5,6 Tap L out to L side and keep weight on R rotate hips anti-clockwise around to L and back to starting position;
7,8 Weight still on R rotate hips anti-clockwise around to L and back to starting position.

57 - 64 SIDE, BEHIND, 1/4 L, SCUFF R, PIVOT 1/2, PIVOT 1/4
1,2,3,4 Step L to L side, step R behind L, turn 1/4 L and step L forward, scuff R forward,
5,6,7,8 Step R forward, pivot 1/2 L, step R forward, pivot 1/4 L

65 - 72 ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE
1,2,3,4 Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side
5,6,7,8 Tap L out to L side (weight on R), rotate hips anti-clockwise around to L and back to starting position, (weight still on R), rotate hips anti-clockwise around to L and back to starting position.

73 - 80 L SIDE, BEHIND, SIDE, SCUFF/HITCH, STOMP FWD, TWIST/SHIMMY 1/2 L
1,2,3,4 Step L to L side, step R behind L, step L to L side, scuff R forward and hitch knee slightly
5,6,7,8 Stomp R forward, pivot / twist 1/2 L and shimmy shoulders as you turn for
3 counts (as you twist change your weight from your R foot to your L foot)

81 - 84 FORWARD, BACK, L COASTER BACK
1,2,3&4 Rock R forward, rock back on L, coaster step back (RLR)

REPEAT

TAGS 1 and 2 On 3rd sequence you will be facing the front. Both Tags 1 and 2 are done in this sequence.

Tag 1 is done after count 32 (see *******) then continue dance

Tag 2 is done after count 48 (see **###**) then continue dance

TAGS 1 and 2, ROCKING CHAIR, PIVOT 1/2 L, PIVOT 1/2 L

1,2,3,4 Rock R forward, rock back on L, rock/step R back, rock forward on L

5,6,7,8 Step R forward, pivot 1/2 L, step R forward, pivot 1/2 L - then continue dance

ENDING: After the first stomp R forward, hold (counts 32 and 33) do the following:

1,2 Step L forward, pivot 1/2 R (weight on R)
