

Heavy Duty Beauty

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Larry Bass (USA) - June 2009
音樂: Heavy Duty Beauty (Radio Dance Edit) - Taylor Made



FORWARD DIAGONALS, BACK DIAGONALS; FORWARD SHUFFLE, STEP PIVOT

1-2 Step Right forward at right diagonal; Step Left forward at left diagonal
3-4 Step Right back at right diagonal; Step Left back at left diagonal
5&6 Shuffle forward Right, Left, Right
7-8 Step Left forward; Pivot ½ turn right onto Right

FORWARD DIAGONALS, BACK DIAGONALS; FORWARD SHUFFLE, STEP PIVOT

9-10 Step Left forward at left diagonal; Step Right forward at right diagonal
11-12 Step Left back at left diagonal; Step Right back at right diagonal
13&14 Shuffle forward Left, Right, Left
15-16 Step Right forward; Pivot ½ turn left onto Left

SIDE SHUFFLE, ROCK STEP; SWAYS

17&18 Shuffle Right, Left, Right to right side
19-20 Step Left back; Rock forward onto Right
21-24 Step Left to left side swaying hips Left, Right, Left, Right

SIDE SHUFFLE, ROCK STEP; SWAYS

25&26 Shuffle Left, Right, Left to left side
27-28 Step Right back; Rock forward onto Left
29-32 Step Right to right side swaying hips Right, Left, Right, Left

FORWARD SHUFFLE, STEP PIVOT; FORWARD SHUFFLE, STEP ¼ TURN

33&34 Shuffle forward Right, Left, Right
35-36 Step Left forward; Pivot ½ turn right onto Right
37&38 Shuffle forward Left, Right, Left
39-40 Step Right forward; Turn ¼ turn left onto Left

STOMP, STOMP, SLAP, SLAP; HIP ROLLS

41-42 Stomp Right out to right side; Stomp Left out to left side
43-44 Slap Right hand on back of Right hip; Slap Left hand on back of Left hip
45-48 Roll hips counter-clockwise twice

Tag: (8 count tag at the end of 1st wall - Repeat the last 8 counts of the dance)

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