

# 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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