Bodyshop



Count: 96 Wall: 2 Level: Phrased Intermediate / Advanced

Choreographer: Faith Sirois (USA) - November 2022

Music: Unholy - Sam Smith & Kim Petras



Sequence as follows: A,A,B,A,A,B, A

Notes: Dance beings at 22 seconds

PART A: 32c

[1-8] PUSH R - RECOVER - PUSH L - STEP - 1/2 TURN HITCH - COASTER

1&2 (1) Step RF to R side on ball of foot, heel facing of	out, Turning torso ¼ left, (&) Push off RF
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replacing weight to LF (2) Step RF to center and face back to front

3&4 (3) Step LF to L side on ball of foot, heel facing out, Turning torso ¼ right, (&) Push off LF

replacing weight to RF (4) Step LF to center and face back to front

5&6 (5) Step RF forward, (&) ½ turn over L shoulder hitching LF

7&8 (7) Step LF back, (&) Step RF together, (8) Step LF forward

[9-16] HEEL GRIND - COASTER - SHUFFLE L - ROCK - HOOK - 1/2 TURN R

1,2 (1) Step forward on R heel with toes pointed to 10:30, (2) Rotate R toes to 3:00

3&4 (3) Step RF back, (&) Step LF together, (4) Step RF forward

5&6 (5) On a diagonal step LF forward, (&) Step RF behind LF, (6) Step LF forward

7&8 (7) Rock RF forward, (&) Recover weight on LF, (8) Hook RF over L shin, ½ turn over R

shoulder

[17-24] SHUFFLE R - ROCK - 1/2 TURN L - SHUFFLE L - STEP - 1/2 PIVOT

1&2 (1) Step RF forward, (&) Step LF behind RF, (2) Step RF forward

3&4 (3) Rock LF forward (&) Recover weight on RF, (4) ½ turn over L shoulder

5&6 (5) Step LF forward, (&) Step RF behind LF, (6) Step LF forward

7,8 (7) Step RF forward, (8) Push hips around counterclockwise to pivot your body ½ turn over

your L shoulder on the ball of your feet

Styling: I personally like to add a little something extra on the 3rd count of 8 when you hear a *ding* in the music, for example a wink, arm motions, etc.

[25-32] GRAPEVINE RIGHT - TAP - 3-POINT TURN - TAP

1,2 (1) Step RF to the R, (2) Step LF behind RF

3,4 (1) Step RF to the R, (2) Tap L toe beside RF

5&6 (5) Step LF to the L, (&) ½ over your L shoulder, (6) Tap RF to the R
7&8 (7) ½ over your L shoulder, (&) Step LF to the L, (8) Tap R toe beside LF

PART B: 64c

[1-8] STEP - BODY ROLL (X2) - SAILOR STEP - SAILOR STEP

1,2 (1) Step out R (2) Body roll

3,4 (3) Step LF beside RF, (4) Body roll

(5) Step RF behind LF (&) Step LF next to RF (6) Step RF slightly to R
 (7) Step LF behind RF (&) Step RF next to LF (8) Step LF slightly to L

[9-16] ROCK - SHUFFLE - ROCK - SHUFFLE

1,2 (1) Cross RF in front of LF, rock weight onto RF (2) Weight transfers back onto LF

3&4 (3) Step RF back to center (&) Step LF beside RF (4) Step RF out to the R making a 1/4 turn

to the R

5,6 (5) Cross LF in front of RF, rock weight onto LF (6) Weight transfers onto RF

7&8 (7) Step LF back to center (&) Step RF beside LF (8) Step LF out to the L facing back to the center

[17-24] KICK STEP TOUCH - KICK STEP TOUCH - STOMP RF - STOMP LF - DROP IT LOW!

1&2	(1) Kick RF forward (&) RF steps back into center (2) L toe taps out to the L
3&4	(3) Kick LF forward (&) LF steps back into center (4) R toes taps out to the R

5,6 (5) Stomp RF (6) Stomp LF

7.8 Drop it down low!!!

[25-32] SCUFF - STEP - HIP BUMP (X2) - WALK FWD (X2) - STEP - DROP & REACH

1&2 (1) Stand up straight, (&) Scuff R heel, (2) Step RF back and shift weight onto RF

3,4 (3) Bump L hip forward (4) Bump L hip forward5,6 (5) Walk forward RF (6) Walk forward LF

7&8 (7) R toe points out to the R (&) Upper body drops down to touch R foot/ankle (8) Arch back

to stand you up straight

[33-40] GROOVE R - GROOVE L - STEP BACK (X2) - 3-POINT 1/2 TURN

1,2	(1) RF steps front and out ¼ R, (2) Slide LF beside RF
3,4	(1) LF steps front and out ¼ L, (2) Slide RF beside LF

5,6 (5) Step RF back (6) Step LF back

7&8 (7) Step RF to the R turning ¼ turn over R shoulder (&) Step LF beside RF (8) Step RF to the

R turning 1/4 turn over R shoulder

[41-48] PUSH L - RECOVER- ½ TURN HITCH - SHUFFLE - STEP - ½ PIVOT - STEP - ½ PIVOT

1&2	(1) Rock LF forward (&) Recover weight on RF (2) Hook LF over R shin, ½ turn over L shoulder
3&4	(3) Step LF forward, (&) Step RF behind LF, (4) Step LF forward
5.6	(5) RF steps forward (6) Pivot 1/2 turn over L shoulder on the hall of RF

5,6 (5) RF steps forward, (6) Pivot ½ turn over L shoulder on the ball of RF 7,8 (7) RF steps forward, (8) Pivot ½ turn over L shoulder on the ball of RF

[49-56] HEEL JACK - HEEL JACK

1,2 (1) Step RF to the R, (2) Step LF behind RF

3&4& (3) Step RF to the R, (&) Present L heel forward at a R diagonal, (4) Step LF beside RF (&)

Cross RF in front of LF

5,6 (5) Step LF to the L, (6) Step RF behind LF

7&8& (7) Step LF to the L, (&) Present R heel forward at a L diagonal, (8) Step RF beside LF, (&)

Cross LF in front of RF

[57-64] STEP - PIVOT - RECOVER - STEP - PIVOT - FREESTYLE!!

1&2 (1) Step RF forward, (&) Swing hips around counterclockwise and pivot RF on ball of foot

around to about 10:30, (2) Recover weight back on LF

3&4 (3) Transfer weight back to RF, (&) Swing hips again counterclockwise and pivot RF on ball

of foot to 9:00, (4) Recover weight back on LF

5,6,7,8 FREESTYLE FOR FOUR COUNTS!!

This dance is a bit fast but super fun!! So have a good time and style it in your own way and make it your own!

Make sure to tag me in your videos via Instagram and/or Tiktok!!

@_Faithconners_420

^{****}Tons of room to add lots of flare and personality such as hair flips, drop it low, etc.!!