Bodyshop



Compte: 96 Mur: 2 Niveau: Phrased Intermediate / Advanced

Chorégraphe: Faith Sirois (USA) - November 2022

Musique: Unholy - Sam Smith & Kim Petras



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

Notes: Dance beings at 22 seconds

PART A: 32c

TA OLDUCU D. DECOVED. DUCU L. CTED. 1/ TUDNI UITCU. COA	
[1-8] PUSH R - RECOVER - PUSH L - STEP - ½ TURN HITCH - COA	STER

1&2	(1) Step RF to R side on ball of foot, heel facing out, Turning torso 1/4 left, (&) Push off RF
-----	---

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)) Ste	p forward oi	nR hee	el 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
1.4	THE CHOSS IN THE HOLL OF LETTICAL METALLIC OFFICE IN TAIL HOLD CHARLES DACK OFFICE L

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.!!