

Body Talk

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner / Improver
编舞者: Tamara E (USA) - January 2025
音乐: BODY TALK (REMIX VERSION 2024) - Kane Brown & Katelyn Brown



NO TAGS, NO RESTARTS

Some of the demos shown have a restart, but the dance was modified to have no restart after those videos were made. In addition, the wizard step was replaced with a step-lock-step.

Very fast start, or start after first 32 counts

Section 1: Right Heel grind, Coaster step, Left Heel Grind, Coaster Step

- 1,2 Rock forward on the R heel with the toes pointed to the left (1), recover on the L foot as you turn the R heel with the toes pointed to the right (2)
- 3&4 Step back on the R foot (3), step the L foot next to the R foot (&), step forward on the R foot (4)
- 5,6 Rock forward on the L heel with the toes pointed to the right (5) recover on the R foot as you turn the L heel with the toes pointed to the left (6)
- 7&8 Step back on the L foot (7), step the R foot next to the L foot (&), step forward on the L foot (8)

Section 2: Walk, Walk, Walk, Walk, Heel Jack, Heel Jack

- 1,2,3,4 Step forward on R foot slightly crossing over L foot (1), step forward on L foot slightly crossing over R foot (2) step forward on R foot slightly crossing over L foot (3), step forward on L foot slightly crossing over R foot (4)
- 5&6& Step R foot to right side (5), present L heel to left diagonal (&), step onto L foot (6), cross R foot over L (&)
- 7&8 Step L foot to left side (7), present R heel to right diagonal (&), step onto R foot

Section 3: Hip Roll Point, Hip Roll Point, Right Sailor, Left Sailor ½ Turn

- 1-2 Step R foot to right (1) rolling hips anticlockwise from L side to R side (&), point L foot to the left with L knee slightly bent (2)
- 3-4 Step L foot to the left (3) rolling hips clockwise from R side to L side (&), point R foot to the right with R knee slightly bent (4)
- 5&6 Cross R foot behind L foot (5), step L foot to L side (&), step R foot to R side (6)
- 7&8 Cross L foot behind R foot (7), step R foot next to L foot (&) as you make a 1/2 turn over left shoulder stepping forward on L foot (8)

Section 4: Step Lock Step, Step Lock Step, Syncopated Weave, ½ Pivot Left

- 1&2 Step R foot forward (1), step L foot behind R foot, (&) Step R foot forward (2)
- 3&4 Step L foot forward (3), Step R foot behind L foot (&), Step L foot forward (4)
- 5&6& Cross R foot in front of L foot (5), step L foot to left side (&), cross R foot behind L foot (6) step L foot to left side (&)
- 7,8 Cross R foot iover L foot (7) as you make a ¾ turn to the left (8)

Last Update: 9 Feb 2025