

Body Rock

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Intermediate
编舞者: Unknown
音乐: September - Justin Timberlake, Anna Kendrick & Earth, Wind & Fire
或: Uptown Funk (feat. Bruno Mars) - Mark Ronson



Intro: 24 counts; start on lyrics.

[1-8] R side touches, L side touches, Sweep x4

1-2 Touch R toe to R side twice
3-4 Touch L toe to L side twice
5-8 Sweep RF back, Sweep LF back, Sweep RF back, Sweep LF back

[9-16] Heel + Clap x2, Heel switches x2/side

1-2 R Heel fwd, Clap
3-4 L Heel fwd, Clap
5&6& R Heel fwd, back to neutral, L Heel fwd, back to neutral
7&8& R Heel fwd, back to neutral, L Heel fwd, back to neutral

[17-24] Dip, Step, Dip, ¼ Turn R + LF Point + Cross, RF Point + Cross, Unwind ½ Turn L

1-2 Step RF fwd (bend RF knee to add "dip" effect), step LF fwd [12:00]
3-4 Step RF fwd (bend RF knee to add "dip" effect), ¼ Turn to R [3:00] and Point LF to L side [3:00]
5-6 Cross LF over R, Point RF to R side [3:00]
7-8 Cross RF over LF, Unwind with ½ Turn over L shoulder [end at 9:00]

[25-32] Step-Shake x2, Walk RL x4

1-2 Step RF fwd, Shake hips
3-4 Step LF fwd, Shake hips
5-6 Step RF fwd, Step LF fwd
7-8 Step RF fwd, Step LF fwd [9:00]

***Optional alternative for last 2 counts of 4th 8 count:**

5,6,7 Step RF fwd, Step LF fwd, Step RF next to LF
&8 Twist Heels out to either side (weight on balls of feet/toes), return feet to neutral

Start dance again from the top on new wall.

No Tags, no restarts.

Submitted by: Kiera Isgrig - Email: kieraisgrig@gmail.com