

# Your Beautiful Body

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Nigel Payne (UK)  
音樂: If I Said You Had A Beautiful Body - Dave Sheriff



## RIGHT CHASSE, LEFT ROCK RECOVER, LEFT CHASSE, RIGHT RECOVER

- 1&2      Step right foot to right side, step left beside right foot, step right foot to right side  
3-4      Rock left foot back behind right, rock forward onto right foot  
5&6      Step left foot to left side, step right beside left foot, step left foot to left side  
7-8      Rock right foot back behind left, rock forward onto left foot

## SYNCOPATED STEP TO THE RIGHT WITH CLAPS, HIP BUMPS

- 9-10      Step right foot to right side, clap, (weight on right)  
&11      Step left foot beside right foot, step right foot to right side, (weight ends on right)  
12      Clap  
13-16      Bump hips left, right, left, right

## LEFT CHASSE, RIGHT ROCK RECOVER, RIGHT CHASSE, LEFT ROCK RECOVER

- 17&18      Step left foot to left side, step right beside left foot, step left foot to left side  
19-20      Rock right foot back behind left, rock forward onto left foot  
21&22      Step right foot to right side, step left beside right foot, step right foot to right side  
23-24      Rock left foot back behind right, rock forward onto right foot

## SYNCOPATED STEP TO THE LEFT WITH CLAPS, HIP BUMPS

- 25-26      Step left foot to left side, clap, (weight on left)  
&27      Step right foot beside left, step left foot to left side, (weight ends on left foot)  
28      Clap  
29-32      Bump hips right, left, right, left

## RIGHT SHUFFLE TURNING ¼ TURN RIGHT, LEFT SHUFFLE

- 33&34      Step right foot to right side turning ¼ turn right, step left foot beside right, step right foot forward, (now facing 3:00)  
35&36      Step forward on left foot, step right foot beside left, step forward on left foot

## RIGHT & LEFT SHUFFLE TURNING ¼ LEFT

**This turn should be done as a arc traveling around to the left**

- 37&38      Step right foot ¼ turn to the left, step left beside right, step right foot ¼ to the left, (now facing 9:00)  
39&40      Step left foot ¼ turn to the left, step right beside left foot, step right foot forward (now facing 6:00)

## WALK FORWARD, KICK & CLAP, WALK BACK, TOUCH

- 41-44      Walk forward right, left, right, kick left foot forward & clap  
45-48      Walk back on left, right, left, touch right toe beside left foot

## GRAPEVINE RIGHT & LEFT WITH CLAPS

- 49-52      Step right foot to right side, step left foot behind right foot, step right foot to right side, touch left toe beside right foot & clap  
53-56      Step left foot to left side, step right foot behind left foot, step left foot to left side, touch right toe beside left foot & clap

**Grapevines can be done as rolling vines**

**CIRCLE SHUFFLE LEFT, SHUFFLING RIGHT, LEFT RIGHT, LEFT**

57&58 Step ¼ turn left on right foot, step left foot beside right, step right foot forward

59&60 Step ¼ turn left on left foot, step right foot beside left, step left foot forward

61&62 Step ¼ turn left on right foot, step left foot beside right, step right foot forward

63&64 Step ¼ turn left on left foot, step right foot beside left, step left foot forward

**REPEAT**

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