

# HEAVENLY BODY

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**Count:** 84      **Wall:** 2      **Level:** Intermediate level

**Choreographer:** Nadia Friel , Victoria, September 2005

**Music:** A Heavenly Body by Travis Sinclair, Album: Rush

## 16 count intro begin on vocals, 130 bpm 1 - 8 CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE

1,2,3,4      Step L toe across R, drop L heel, step R toe to R side, drop R heel

5&6,7,8      Cross Shuffle L across R stepping LRL, Rock/step R to R side, rock weight to L

## 8 - 16 CROSS TOE STRUT, SIDE TOE STRUT, CROSS SHUFFLE, ROCK SIDE TO SIDE

1,2,3,4      Step R toe across L, drop R heel, step L toe to L side, drop L heel

5&6,7,8      Cross shuffle R across L stepping RLR, rock/step L to L side, rock weight to R

## 16 - 24 ACROSS, SIDE, BEHIND, HEEL, STEP TAP, DIAGONALLY BACK, HEEL,

1,2,3,4      Step L across R, step R to R side, step L behind R, tap R heel to L45 across L

5,6,7,8      Rock weight forward onto R, tap L behind R, step L back to L45, tap R heel to R45

## 25 - 32 DIAG FWD, TAP, DIAG BACK, TAP, DIAG BACK, TAP, DIAG FWD, TAP, SCUFF

1,2,3,4      Rock/step R forward to R45, tap L beside R, step L back to L45, tap R beside L

5,6,7,8      Step R back to R45, tap L beside R, step L forward to L45, scuff R forward \*\*\*

**Note: Body is facing forward during the last 8 counts**

## 33 - 40 FORWARD, HOLD, FORWARD HOLD, SHUFFLE FWD, FORWARD, BACK

1,2,3,4      Step R forward, hold, step L forward, hold

5&6,7,8      Shuffle R forward (RLR), rock/step L forward, rock back on R

## 41 - 48 BACK TOE STRUT, BACK TOE STRUT, SHUFFLE BACK, ROCK BACK, ROCK FWD

1,2,3,4      Toe/heel L back, toe/heel R back,

5&6,7,8      Shuffle L back (LRL), rock/step R back, rock forward on L ###

## 49 - 56 ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE

1,2,3,4      Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side

- 5,6 Tap L out to L side and keep weight on R rotate hips anti-clockwise around to L and back to starting position;
- 7,8 Weight still on R rotate hips anti-clockwise around to L and back to starting position.

### **57 - 64 SIDE, BEHIND, 1/4 L, SCUFF R, PIVOT 1/2, PIVOT 1/4**

- 1,2,3,4 Step L to L side, step R behind L, turn 1/4 L and step L forward, scuff R forward,
- 5,6,7,8 Step R forward, pivot 1/2 L, step R forward, pivot 1/4 L

### **65 - 72 ACROSS, BACK, SIDE, SCUFF/SWEEP SIDE TAP, HIP ROTATION TWICE**

- 1,2,3,4 Step R across L, step L back, step R to R side, scuff/sweep L forward and out to L side
- 5,6,7,8 Tap L out to L side (weight on R), rotate hips anti-clockwise around to L and back to starting position, (weight still on R), rotate hips anti-clockwise around to L and back to starting position.

### **73 - 80 L SIDE, BEHIND, SIDE, SCUFF/HITCH, STOMP FWD, TWIST/SHIMMY 1/2 L**

- 1,2,3,4 Step L to L side, step R behind L, step L to L side, scuff R forward and hitch knee slightly
- 5,6,7,8 Stomp R forward, pivot / twist 1/2 L and shimmy shoulders as you turn for 3 counts (as you twist change your weight from your R foot to your L foot)

### **81 - 84 FORWARD, BACK, L COASTER BACK**

**1,2,3&4 Rock R forward, rock back on L, coaster step back (RLR) REPEAT**

**TAGS 1 and 2 On 3rd sequence you will be facing the front. Both Tags 1 and 2 are done in this sequence. Tag 1 is done after count 32 (see \*\*\* ) then continue dance Tag 2 is done after count 48 (see ### ) then continue dance**

**TAGS 1 and 2, ROCKING CHAIR, PIVOT 1/2 L, PIVOT 1/2 L**

- 1,2,3,4 Rock R forward, rock back on L, rock/step R back, rock forward on L
- 5,6,7,8 Step R forward, pivot 1/2 L, step R forward, pivot 1/2 L - then continue dance

**ENDING: After the first stomp R forward, hold ( counts 32 and 33) do the following:**

- 1,2 Step L forward, pivot 1/2 R (weight on R)