

Heavy Duty Beauty

48 Count, 4 Wall, Improver

Choreographer: Larry Bass (USA) June 2009

Choreographed to: Heavy Duty Beauty (Radio Dance Edit) by Taylor Made

Start dancing on lyrics

FORWARD DIAGONALS, BACK DIAGONALS, FORWARD SHUFFLE, STEP PIVOT

- 1-2 Step right diagonally forward, step left diagonally forward
3-4 Step right home, step left together
5&6 Chassé forward right, left, right
7-8 Step left forward, turn ½ right (weight to right)

FORWARD DIAGONALS, BACK DIAGONALS, FORWARD SHUFFLE, STEP PIVOT

- 9-10 Step left diagonally forward, step right diagonally forward
11-12 Step left home, step right together
13&14 Chassé forward left, right, left
15-16 Step right forward, turn ½ left (weight to left)

SIDE SHUFFLE, ROCK STEP, SWAYS

- 17&18 Chassé side right, left, right
19-20 Rock left back, recover to right
21-24 Step left to side and sway hips left, right, left, right

SIDE SHUFFLE, ROCK STEP, SWAYS

- 25&26 Chassé side left, right, left
27-28 Step right back, rock left forward
29-32 Step right to side and sway hips right, left, right, left

FORWARD SHUFFLE, STEP PIVOT, FORWARD SHUFFLE, STEP ¼ TURN

- 33&34 Chassé forward right, left, right
35-36 Step left forward, turn ½ right (weight to right)
37&38 Chassé forward left, right, left
39-40 Step right forward, turn ¼ left (weight to left)

STOMP, STOMP, SLAP, SLAP, HIP ROLLS

- 41-42 Stomp right to side, stomp left to side
43-44 Slap right hand on back of right hip, slap left hand on back of left hip
45-48 Roll hips to the left twice

TAG: At the end of 1st wall, repeat the last 8 counts of the dance