

Heavy Duty Beauty

Choreographed by Bruce & Mary Milner

Description: 44 count, 2 wall, partner dance

Music: Heavy Duty Beauty by Taylor Made
I Like Her, But She Don't Like Me by Matt Steel [CD: Matt Steel]

Position: Right Side-By Side, Open Sweetheart Position. Same foot pattern

Start dancing on lyrics

MAN'S STEPS

WALK, WALK SHUFFLE (12:00)

1-2 Step right forward, step left forward
3&4 Shuffle right-left-right, forward (triple step)

STEP, LOCK, SHUFFLE

5-6 Step left forward, cross right behind left (lock step)
7&8 Shuffle left-right-left, forward (triple step)

ROCK, RECOVER, SHUFFLE TURN ½ RIGHT

9-10 Rock forward right, recover back left
11&12 Shuffle right-left-right (triple step), turn ½ right

Maintain hand hold, now in Reverse Sweetheart Position, lady on man's left, both facing 6:00

WALK, WALK SHUFFLE (6:00)

13-14 Step left forward, step right forward
15&16 Shuffle left-right-left forward (triple step)

RIGHT, LOCK, SHUFFLE

17-18 Step right forward, cross left behind right (lock step)
19&20 Shuffle right-left-right, forward (triple step)

STEP, PIVOT TURN ½ RIGHT, SHUFFLE

21-22 Step left forward, pivot turn ½ right
23&24 (Drop left hands raise right hand) shuffle left-right-left forward

Right hand over lady's head, return to Open Sweetheart Position, lady on man's right side, both facing 12:00

ROCK, RECOVER, SHUFFLE TURN ¼ LEFT

25 Rock right to right
26 Recover back left to left
27&28 Shuffle right-left-right, turning ¼ left. (9:00)

Raise left hand over lady's head, drop right hand in front, facing partner, cross hand position, left over right

ROCK FORWARD, RECOVER BACK, SHUFFLE

29-30 Rock left diagonally forward, right angle recover back right
31&32 Shuffle left-right-left (triple step) in place

ROCK, RECOVER, SHUFFLE

33 Rock right to side
34 Recover back left on left, turn ¼ left
35&36 Shuffle right-left-right forward (6:00)

Raise left hand over lady's head, returning to Right Side-By-Side, Open Sweetheart Position

37-38 Step left forward, cross right behind left (lock step)

STEP, LOCK, SHUFFLE

39&40 Shuffle left-right-left, forward (left triple step)

ROCK, RECOVER, ROCK, RECOVER (ROCKING CHAIR)

41-42 Rock right forward, rock left back
43-44 Rock right back, rock left forward

REPEAT

LADY'S STEPS

WALK, WALK, SHUFFLE (12:00)

- 1-2 Step right forward, step left forward
- 3&4 Shuffle right-left-right forward (triple step)

STEP, LOCK, SHUFFLE

- 5-6 Step left forward, cross right behind left (lock step)
- 7&8 Shuffle left-right-left, forward (triple step)

ROCK, RECOVER, SHUFFLE TURN ½ RIGHT

- 9-10 Rock forward right, recover back left
- 11&12 Shuffle right-left-right (triple step), turn ½ right

Maintain hand hold, now in Reverse Sweetheart Position, lady on man's left, both facing 6:00

WALK, WALK, SHUFFLE (6:00)

- 13-14 Step left forward, step right forward
- 15&16 Shuffle left-right-left forward (triple step)

RIGHT, LOCK, SHUFFLE

- 17-18 Step right forward, cross left behind right (lock step)
- 19&20 Shuffle right-left-right, forward (triple step)

STEP, PIVOT TURN ½ RIGHT, SHUFFLE

- 21-22 Step left forward, pivot turn ½ right
- 23&24 (Drop left hands raise right hand) shuffle left-right-left forward

Right hand over lady's head, return to Open Sweetheart Position, lady on man's right side, both facing 12:00

STEP ¼ TURN, STEP ¼ TURN, SHUFFLE IN PLACE

- 25 Cross right over left, crossing in front of man, turn ¼ right
- 26 Step left back, turn ¼ right
- 27&28 Shuffle right-left-right to face man (3:00)

Raise left hand over lady's head, drop right hand in front, facing partner, cross hand position, left over right

ROCK FORWARD, RECOVER BACK, SHUFFLE

- 29-30 Rock left diagonally forward, right angle recover back right
- 31&32 Shuffle left-right-left (triple step) in place

STEP, PIVOT, SHUFFLE

- 33 Cross right over left, turn ¼ left
- 34 Pivot turn ½ left
- 35&36 Shuffle right-left-right forward (6:00)

Raise left hand over lady's head, returning To Right Side-By-Side, Open Sweetheart Position

STEP, LOCK, SHUFFLE

- 37-38 Step left forward, cross right behind left (lock step)
- 39&40 Shuffle left-right-left, forward (left triple step)

- 41-42 Rock right forward, rock left back

ROCK, RECOVER, ROCK, RECOVER (ROCKING CHAIR)

- 43-44 Rock right back, rock left forward

REPEAT