

# Rhythm Of The Body

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Raymond Sarlemijn (NL), Roy Verdonk (NL) & Darren Bailey (UK)

Musik: Rhythm Of The Night - Move-It



## **TOUCH RIGHT, LEFT ROCK STEP, TOUCH LEFT, RIGHT ROCK STEP**

- 1&2 Touch right toe forward, place right foot next to left foot, touch left toe forward  
&3-4 Place left foot next to right foot, rock forward on right foot, recover onto left foot  
5&6 Touch left toe forward, place left foot next to right foot, touch right toe forward  
&7-8 Place right foot next to left foot, rock forward on left foot, recover onto right foot

## **BACK SHUFFLE, ROCK STEP, FULL TURN LEFT, SLIDE RIGHT, TOUCH LEFT**

- 1&2 Step left foot behind right foot & close right foot next to left foot, step back on left foot  
3-4 Rock back on right foot, recover onto left foot  
5-6 Step forward on right foot making  $\frac{1}{2}$  turn left, step back on left foot making  $\frac{1}{2}$  turn left  
7-8 Make a  $\frac{1}{4}$  turn left while sliding to right side, touch left foot next to right foot

## **VINE LEFT, HEEL JACK RIGHT, VINE RIGHT HEEL JACK LEFT**

- 1-2 Step left foot to left side, cross right foot behind left foot  
&3 Step left foot to left side, touch right heel diagonally forward to right side  
&4 Step right foot next to left foot, cross left foot over right foot  
5-6 Step right foot to right side, cross left foot behind right foot  
&7 Step right foot to right side, touch left foot diagonally forward to left side  
&8 Step left foot next to right foot, cross right foot over left foot

## **$\frac{1}{2}$ TURN RIGHT, CROSS SHUFFLE, ROCK STEP, BEHIND SIDE TOUCH (WITH SHIMMIES)**

- 1-2 Step left foot to left side, make  $\frac{1}{2}$  turn to right stepping right foot to right side  
3&4 Cross left foot over right foot, step right foot to right side, cross left foot over right foot  
5-6 Rock right foot to right side, recover onto left foot  
7&8 Cross right foot behind left foot, step left foot to left side, touch right foot next to left foot

## **REPEAT**

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