

# Body Rock

Count: 32

Wall: 4

Level: Beginner

Choreographer: James - March 2011

Music: They Don't Care About Us - Michael Jackson



**32 count intro after the music starts**

## **SECTION 1: TOUCH OUT, IN, OUT, TOGETHER, TOUCH OUT, IN, OUT, TOGETHER, HEEL SWITCHES x4**

- 1&2& Touch right toe to right, touch right next to left, point right toe to right, step right next to left
- 3&4& Touch left toe to left, touch left next to right, point left toe to left, step left next to right
- 5&6& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
- 7&8& Touch right heel forward, step right next to left, touch left heel forward, step left next to right

## **SECTION 2: HEEL/CLAP & HEEL/CLAP, HEEL SWITCHES x3**

- 1-2& Touch right heel fwd, hold/clap, step right next to left
- 3-4& Touch left heel fwd, hold/clap, step left next to right
- 5&6& Touch right heel forward, step right next to left, touch left heel forward, step left next to right
- 7&8 Touch right heel forward, step right next to left, touch left heel forward

## **SECTION 3: BACK 1/4, CROSS, SIDE, CROSS, SIDE POINT, CROSS, SIDE POINT, CROSS UNWIND 1/2**

- &1-2-3-4 &(step left back turning 1/4 right), cross right over left, step left to left, Cross right over left, Point left to left
- 5-6 Cross left over right, Point right to right
- 7-8 Cross right over left, Unwind 1/2 left weight to left

## **SECTION 4: FORWARD DIAGONAL STEP TOUCHES x4**

- 1-2 Step right diagonally forward, touch left next to right
- 3-4 Step left diagonally forward, touch right next to left
- 5-6 Step right diagonally forward, touch left next to right
- 7-8 Step left diagonally forward, touch right next to left

**REPEAT**

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