

# Body Rock

**Compte:** 84

**Mur:** 4

**Niveau:** Phrased High Intermediate



**Chorégraphe:** Haley Bujeda (USA) & Olivia Monzon (USA) - December 2024

**Musique:** Beauty and a Beat (feat. Nicki Minaj) - Justin Bieber

## No Restarts

**Sequence:** Ax4 Bx2 Ax5 C A(16) D Ax2 B

**B:** 5th Wall - 12 o'clock

**C:** 11th Wall - 6 o'clock

**D:** 12th Wall - 12 o'clock (restart A on the same wall)

### (Part A) 32c

**[1-8] (Wizard x2 RL, Rock Recover, Half Turn, Full Turn)**

1&2 Shuffle diagonally Right  
3&4 Shuffle diagonally Left  
5-6& Rock on Right foot, Recover on left while half turning  
7&8 Full (360 degree) turn

**[1-8] (L Shuffle, L Full Turn, Sweep Backwards RL)**

1&2 Shuffle on left foot  
3-6 Step Right, pivot over left shoulder x2  
7&8& Sweep Right foot back, Sweep Left foot back

**[1-8] (Jump R-L, Dip spin, Step touch back RL)**

1&2& Step right foot diagonally, Step left foot diagonally  
3-4 Dip while turning over left to face 9 o'clock wall (180 degree turn)  
5-8 Step right foot back touch left, step left foot back touch right

**[1-8] (Back Rock Recover, Full Turn, Jump)**

1-4 Rock back on right recover while half turning  
5-6 half turn over left shoulder  
7-8 Jump

### (Part B) 32c

**[1-8] (Slide, Sailor Step, Chest Bump x2, Knee Pumps)**

1-2 Slide to the Right  
3&4 Left Sailor Step  
5&6& Chest Bump x2  
7&8& Alternating Knee Pumps LRLR

**[1-8] (Slide, Sailor Step, Chest Bump x2, Knee Pumps)**

1-2 Slide to the Right  
3&4 Left Sailor Step  
5&6& Chest Bump x2  
7&8& Alternating Knee Pumps LRLR

**[1-8] (Sailor Step, Cross 3 Quarter Turn, Knee Pumps, Hip Roll)**

1-2 Sailor Step  
3&4 Cross Right Foot Behind 3 Quarter Turn Over Right Shoulder  
5&6 Left Knee Pump. Right Knee Pump,  
7&8 Right Hip Roll

**[1-8] (Slide, Full Turn, Chest Bump x2, Knee Pumps)**

- 1-2 Slide Back Left,
- 3&4 Full Turn Over Right Shoulder 1-4
- 5&6& Chest Bump x2
- 7&8& Alternating Knee Pumps LRLR 5-8

**(Part C) 4c**

- 1-4 Hip Roll To The Right

**(Part D) 16c**

**[1-8] (Stomp x2 RL, Body Roll x4 RLRL Full Paddle Turn)**

- 1-2 Stomp x2 RL Stomp Right Foot, Stomp Left Foot
- 3-8 Body Roll To The Right, Left, Right, Left

- 1-8 Paddle Turn Over Left Shoulder w/ Right Foot

**\*for the paddle turn add flare by holding your hands & arms over your head**

**Submitted by: Perseus Vörðr - Email: [bizinquiry@perseusvor.net](mailto:bizinquiry@perseusvor.net)**

---