

# Body Rock

Compte: 72

Mur: 2

Niveau: Intermediate

Chorégraphe: Rob Carlo (UK)

Musique: I Like The Way You Move (Radio Edit) - The Bodyrockers



## WALK, WALK, KICK BACK, BACK, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1-2 Walk forward right left
- 3&4 Kick right foot forward, step back on right, step back on left
- 5&6 Right sailor step
- 7&8 Left sailor step

## SIDE TOGETHER SIDE TOUCH, ROLLING VINE LEFT TOUCH

- 1-4 Step side right on right, close left to right, step side right, touch left beside right
- 5-8 ¼ turn left on left, ½ turn left stepping back on right, ¼ turn left on left, touch right beside left

## BACK DRAG & CROSS POINT, TOUCH CROSS, SIDE, COASTER STEP

- 1-2 Big step back on right, drag left to right
- &3-4 Step onto left beside right, cross right over left, point left to left side
- 5-6 Cross touch left over right, touch left to left side
- 7&8 Left coaster step

## ROCK RECOVER ½ TURN SHUFFLE FULL TURN SWAY, SWAY

- 1-2 Rock forward on right, recover on left
- 3&4 ½ turn shuffle over right shoulder on right-left-right
- 5-6 ½ turn right stepping back on left, ½ turn right stepping forward on right
- 7-8 Step side left as you away left, recover right as you sway right

## BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS, SIDE CROSS

- 1&2 Step left behind right, step side right, cross left over right
- 3-4 Rock right side right, recover on left
- 5&6 Step right behind left, step left side left, cross right over left
- 7-8 Rock left side left, recover on right

## COASTER ¼ TURN, WALK, WALK, FORWARD SHUFFLE ½ TURN SHUFFLE

- 1&2 Step back on left, step right beside left, step forward on left as you ¼ turn left
- 3-4 Walk forward on right, left
- 5&6 Forward shuffle on right-left-right
- 7&8 Shuffle ½ turn right on left-right-left

## BACK ROCK, FULL TURN, FORWARD SHUFFLE, STEP ¼ TURN

- 1-2 Rock back on right foot, recover left
- 3-4 ½ turn left stepping back on right, ½ turn left stepping forward on left
- 5&6 Forward shuffle on right-left-right
- 7-8 Step forward on left pivot ¼ turn right

## CROSS POINT & TOUCH HITCH CROSS, STEP SIDE ¼ TURN, BODY ROCK

- 1-2 Cross left over right, point right side right
- &3&4 Step right beside left, touch left side left, hitch left, cross left over right
- 5-6 Step right side right, ¼ turn left, (weight back on right foot)
- 7 Push forward onto left foot dropping and pushing left shoulder forward
- 8 Recover back onto right foot rolling left shoulder up and back

Easy option, just push forward on left, recover on right

**SLIDE BACK, BACK COASTER ¼ TURN, CROSS TOUCH, STEP, CROSS TOUCH, STEP**

1-2 Slide step back on left, slide step back on right

3&4 Step back on left, step right beside left, step forward on left as you ¼ turn left

5-6 Cross touch right over left, step right side right

7-8 Cross touch left over right, step left side left

**REPEAT**

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