

# Body Rock

拍数: 40      墙数: 4      级数: Beginner  
编舞者: Cindi Talbot (CAN)  
音乐: Everybody (Backstreet's Back) - Backstreet Boys



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|--------|---|
| 1-4    | Step back-turning body at an angle with each step-right-left-right-left                 |
| 5&6    | Step slide step right-left-right to the right-pushing right hip out                     |
| 7&8    | Step slide step left-right-left to the left-pushing left hip out                        |
| 9-12   | Walk forward swaying body by pushing hips forward -right-left-right-left                |
| 13&14  | Step slide step right-left-right to the right   |
| 15&16  | Step slide step left-right-left to the left   |
| 17-18  | Long step to right, leaning body left, slide left foot to meet right                    |
| 19&20& | Rock hips-left-right-left return weight to right foot                                   |
| 21-22  | Long step to left, make ½ turn by swinging body to the left and step right next to left |
| 23&24  | Rock shoulders-right-left-right-(right shoulder goes down first, as left goes up)       |
| 25-26  | Long step left, leaning body right, slide right foot to meet left                       |
| 27&28& | Rock hips right-left-right, (bring weight back on left)                                 |
| 29-30  | Long step right, make ½ turn by swinging body to the left and step left next to right   |
| 31&32  | Rock shoulders left-right-left  |
| 33&34  | Right-kick ball change  |
| 35-36  | Step right forward & pivot ¼ left   |
| 37-38  | Step right over left, touch left toe side   |
| 39-40  | Step left over right, touch right toe side  |

**REPEAT**

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