

Body Rock

拍数: 32 墙数: 4 级数: Beginner
编舞者: James - March 2011
音乐: 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
