

# Rhythm Of The Body

拍數: 32      牆數: 4      級數: Improver  
編舞者: Raymond Sarlemijn (NL), Roy Verdonk (NL) & Darren Bailey (UK)  
音樂: Rhythm Of The Night - Move-It



## **TOUCH RIGHT, LEFT ROCK STEP, TOUCH LEFT, RIGHT ROCK STEP**

1&2      Touch right toe forward, place right foot next to left foot, touch left toe forward  
&3-4      Place left foot next to right foot, rock forward on right foot, recover onto left foot  
5&6      Touch left toe forward, place left foot next to right foot, touch right toe forward  
&7-8      Place right foot next to left foot, rock forward on left foot, recover onto right foot

## **BACK SHUFFLE, ROCK STEP, FULL TURN LEFT, SLIDE RIGHT, TOUCH LEFT**

1&2      Step left foot behind right foot & close right foot next to left foot, step back on left foot  
3-4      Rock back on right foot, recover onto left foot  
5-6      Step forward on right foot making ½ turn left, step back on left foot making ½ turn left  
7-8      Make a ¼ turn left while sliding to right side, touch left foot next to right foot

## **VINE LEFT, HEEL JACK RIGHT, VINE RIGHT HEEL JACK LEFT**

1-2      Step left foot to left side, cross right foot behind left foot  
&3      Step left foot to left side, touch right heel diagonally forward to right side  
&4      Step right foot next to left foot, cross left foot over right foot  
5-6      Step right foot to right side, cross left foot behind right foot  
&7      Step right foot to right side, touch left foot diagonally forward to left side  
&8      Step left foot next to right foot, cross right foot over left foot

## **½ TURN RIGHT, CROSS SHUFFLE, ROCK STEP, BEHIND SIDE TOUCH (WITH SHIMMIES)**

1-2      Step left foot to left side, make ½ turn to right stepping right foot to right side  
3&4      Cross left foot over right foot, step right foot to right side, cross left foot over right foot  
5-6      Rock right foot to right side, recover onto left foot  
7&8      Cross right foot behind left foot, step left foot to left side, touch right foot next to left foot

## **REPEAT**

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