

# YOUR BODY

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Paul Foxall

**Music:** Your Body by Tom Novy

- 1-4** Walk forward right, left, walk back right left
- 5-8** Rock right to the right side, recover, rock right foot behind left, recover
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- 1-4** Walk forward right, left, pivot  $\frac{1}{2}$  turn right on balls of both feet, turn  $\frac{1}{2}$  right stepping back on left
- 5-8** Walk round 1 full turn right, left, right, left
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- 1-2** Rock right foot to the right side, recover
- 3&4** Step right behind left, step left to the left side, step right across left
- 5-6** Stomp left foot to the left side, hold
- 7-8** Swing hips left to right, slightly bending the knees (keep weight on left)
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- 1&2** Right coaster step
- 3-4** Step forward left, pivot  $\frac{1}{2}$  turn right
- 5-6** Turn  $\frac{1}{2}$  right stepping back on left, hold
- 7-8** Rock back on right, recover
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- 1-2** Walk forward right, left
- &3-4** Rock right to right side turning  $\frac{1}{4}$  of a turn to the left, cross right over left
- 5-6** Stomp left to left side, hold
- &7-8** Step right next to left, step left to left side, step right next to left

**1-2** Rock left to left side, recover  
**3&4** Step left behind right, step right to right side, step left across right  
**5-6** Rock right foot to right side, recover  
**7-8** Rock right foot behind left, recover

**1-2** Step right foot forward, pivot  $\frac{1}{2}$  turn left  
**3-4** Step right foot forward, pivot  $\frac{1}{4}$  turn left  
**5-6** Step right across left, step left to left side  
**7&8** Step right behind left, step left to left side, step right across left

**1-2** Step left to left side, hold  
**&3-4** Step right next to left, step left across right, step right to right side  
**5-6** Touch left toe back, turn  $\frac{1}{2}$  turn left as you step on it  
**7-8** Rock right to right side as you turn  $\frac{1}{4}$  turn left, recover

**REPEAT**