

On My Body

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Jonathan Williamson (UK) June 2013

Music: Heatwave by Wiley Feat Rymez & Ms D. Album: Now 83 (132 bpm)

Start Dance 32 counts (14 seconds) from beginning of track

Cross Rock, Recover, Chasse, Cross, Side, Sailor Heel

- 1-2 Cross left over right, recover weight back on left
- 3&4 Step left to left side, step right besides left, step left to left side
- 5-6 Cross right over left, step left to left side
- 7&8 Sweep right behind left, step left besides right, right heel forward

& Cross, Side, Behind Side Cross, Rock, Recover ¼ Turn, Forward Shuffle

- &1-2 Recover weight on right, cross left over right, step right to right side
- 3&4 Step left behind right, step right to right side, cross left over right
- 5-6 Rock right to right side, recover weight back on left making ¼ turn left
- 7&8 Step forward right, step left besides right, step forward right

Heel & Point & Point & Heel & Heel Switch, Heel Switch , ¼ Heel Switch, Heel Switch

- 1&2 Dig left heel forward, step left besides right, point right toe to right side
- &3&4 Step right besides left, point left to left side, step left besides right, dig right heel forward
- &5&6 Step right besides left, dig left heel forward, step left besides right, dig right heel forward
- &7&8 Step right besides left, ¼ turn Left dig left heel forward, step left besides right, dig right heel forward

& Rock Recover, Back Shuffle, Rock, Recover, Full Turn

- &1-2 Step right besides left, rock forward left, recover weight back on right
- 3&4 Step back left, step right besides left, step back left
- 5-6 Rock back right, recover weight on left

7-8½ turn left stepping back right, ½ turn left stepping forward left

Step, ¼ Turn, Cross Shuffle, ¼ Turn, ¼ Turn, Cross Shuffle

1-2 Step forward right, $\frac{1}{4}$ turn left

3&4 Cross right over left, step left to left side, cross right over left

5-6 $\frac{1}{4}$ turn right stepping back left, $\frac{1}{4}$ turn right stepping right to right side

7&8 Cross left over right, step right to right side, cross left over right

Side Rock, Recover, Behind Side Cross, Kick Ball Cross x 2

1-2 Rock right to right side, recover weight back on left

3&4 Step right behind left, step left to left side, cross right over left

5&6 Kick left to left diagonal, step left besides right, cross right over left

7&8 Kick left to left diagonal, step left besides right, cross right over left

Side, Hold, & Side, Touch, $\frac{1}{4}$ Turn, $\frac{1}{2}$ Turn, Shuffle $\frac{1}{2}$ Turn

1-2 Step left to left side, hold

&3-4 Step right besides left, step left to left side, touch right besides left

5-6 $\frac{1}{4}$ turn right stepping forward right, $\frac{1}{2}$ turn right stepping back left

7&8 $\frac{1}{2}$ turn right stepping forward right, step left besides right, step forward right

Rock, Recover, Chasse $\frac{1}{4}$ Turn, Cross, Back, Chasse

1-2 Rock forward left, recover weight back on right

3&4 $\frac{1}{4}$ turn left stepping left to left side, step right besides left, step left to left side

5-6 Cross right over left, step back left

7&8 Step right to right side, step left besides right, step right to right side

Contact: willand@talktalk.net