

# BODY ROCK

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**Count:** 72

**Wall:** 2

**Level:** intermediate

**Choreographer:** Rob Carlo

**Music:** I Like The Way You Move (Radio Edit) by The Bodyrockers

## **WALK, WALK, KICK BACK, BACK, RIGHT SAILOR STEP, LEFT SAILOR STEP**

- 1-2 Walk forward right left
- 3&4 Kick right foot forward, step back on right, step back on left
- 5&6 Right sailor step
- 7&8 Left sailor step

## **SIDE TOGETHER SIDE TOUCH, ROLLING VINE LEFT TOUCH**

- 1-4 Step side right on right, close left to right, step side right, touch left beside right
- 5-8 $\frac{1}{4}$  turn left on left,  $\frac{1}{2}$  turn left stepping back on right,  $\frac{1}{4}$  turn left on left, touch right beside left

## **BACK DRAG & CROSS POINT, TOUCH CROSS, SIDE, COASTER STEP**

- 1-2 Big step back on right, drag left to right
- &3-4 Step onto left beside right, cross right over left, point left to left side
- 5-6 Cross touch left over right, touch left to left side
- 7&8 Left coaster step

## **ROCK RECOVER $\frac{1}{2}$ TURN SHUFFLE FULL TURN SWAY, SWAY**

- 1-2 Rock forward on right, recover on left
- 3&4 $\frac{1}{2}$  turn shuffle over right shoulder on right-left-right
- 5-6 $\frac{1}{2}$  turn right stepping back on left,  $\frac{1}{2}$  turn right stepping forward on right
- 7-8 Step side left as you away left, recover right as you sway right

## **BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS, SIDE CROSS**

- 1&2 Step left behind right, step side right, cross left over right
- 3-4 Rock right side right, recover on left
- 5&6 Step right behind left, step left side left, cross right over left

7-8 Rock left side left, recover on right

### **COASTER ¼ TURN, WALK, WALK, FORWARD SHUFFLE ½ TURN SHUFFLE**

1&2 Step back on left, step right beside left, step forward on left as you ¼ turn left

3-4 Walk forward on right, left

5&6 Forward shuffle on right-left-right

7&8 Shuffle ½ turn right on left-right-left

### **BACK ROCK, FULL TURN, FORWARD SHUFFLE, STEP ¼ TURN**

1-2 Rock back on right foot, recover left

**3-4½ turn left stepping back on right, ½ turn left stepping forward on left**

5&6 Forward shuffle on right-left-right

7-8 Step forward on left pivot ¼ turn right

### **CROSS POINT & TOUCH HITCH CROSS, STEP SIDE ¼ TURN, BODY ROCK**

1-2 Cross left over right, point right side right

&3&4 Step right beside left, touch left side left, hitch left, cross left over right

5-6 Step right side right, ¼ turn left, (weight back on right foot)

7 Push forward onto left foot dropping and pushing left shoulder forward

8 Recover back onto right foot rolling left shoulder up and back

**Easy option, just push forward on left, recover on right**

### **SLIDE BACK, BACK COASTER ¼ TURN, CROSS TOUCH, STEP, CROSS TOUCH, STEP**

1-2 Slide step back on left, slide step back on right

3&4 Step back on left, step right beside left, step forward on left as you ¼ turn left

5-6 Cross touch right over left, step right side right

7-8 Cross touch left over right, step left side left

### **REPEAT**