

# Body Like a Back Road

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Hana Ries (February 2018)

**Music:** Body Like a Back Road by Sam Hunt

**Intro: 18 counts (Start dancing on the word "South") CCW rotation**

**(Read R=right foot, L=left foot)**

**SWAY, TOUCH, SWAY, TOUCH, VINE RIGHT, TOUCH**

- 1,2**            Step R to right side and sway hips right, Touch L toe in place
- 3,4**            Sway hips to left, Touch R toe in place
- 5,6,7,8**      Step R down in place, Cross L behind R, Step R to right, Touch L next to R

**Restart happens here on wall 5**

**SWAY, TOUCH, SWAY, TOUCH, VINE LEFT, TOUCH**

- 1,2**            Step L to left side and sway hips left, Touch R toe in place
- 3,4**            Sway hips to right, Touch L toe in place
- 5,6,7,8**      Step L down in place, Cross R behind L, Step L to left, Touch R next to L

**DIAGONAL STEP, LOCK, LOCK SHUFFLE, DIAGONAL STEP, LOCK, LOCK SHUFFLE**

- 1**              Step R diagonally forward (towards 1:30)
- 2**              Lock (cross) L behind R popping both knee slightly and lifting R heel up (=gentle dip)
- 3&4**          Step R diagonally forward, Lock (cross) L behind R, Step R diagonally forward

**Note: All counts 1-4 are moving diagonally forward towards 1:30**

- 5**              Step L diagonally forward (towards 10:30)
- 6**              Lock (cross) R behind L popping both knee slightly and lifting L heel up (=gentle dip)
- 7&8**          Step L diagonally forward, Lock (cross) R behind L, Step L diagonally forward

**Note: All counts 5-8 are moving diagonally forward towards 10:30**

**PADDLE TURN 1/8 LEFT TWICE, JAZZ BOX/CROSS**

- 1,2,3,4**      Step R forward, Turn 1/8 left shifting weight onto L, Step R forward, Turn 1/8 left shifting weight onto L

**5,6,7,8** Cross R over L, Step L back, Step R next to L (feet apart), Cross L over R (facing 9:00)

**REPEAT**

**RESTART: On wall 5 (facing 12:00) restart the dance after the first 8 counts. In other words, after completing all 4 walls around the room, you'll be back facing the front wall. Then dance the first 8 counts twice and continue.**

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