

Rhythm Of The Body

Count: 32

Wall: 4

Level: Improver

Choreographer: Raymond Sarlemijn (NL), Roy Verdonk (NL) & Darren Bailey (UK)

Music: 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 $\frac{1}{2}$ turn left, step back on left foot making $\frac{1}{2}$ turn left
- 7-8 Make a $\frac{1}{4}$ 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

$\frac{1}{2}$ TURN RIGHT, CROSS SHUFFLE, ROCK STEP, BEHIND SIDE TOUCH (WITH SHIMMIES)

- 1-2 Step left foot to left side, make $\frac{1}{2}$ 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
