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| --- | --- |
| Body Like A Back Road |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lauren Adcock (USA) - February 2017 | | | | |
| **Music:** | Body Like a Back Road - Sam Hunt | | | | |
| . | | | | | | |

**Count In: 16 Count**

**Notes: Restart on the 5th wall (12:00).**

**[1-8] BACKWARD WALK X2, SIDE ROCK CROSS, HOLD, BALL CROSS, full unwind with a sweep. End Facing**

|  |  |
| --- | --- |
| 1,2 | Step back R (1) , Step back L (2) \* 12:00 |

|  |  |
| --- | --- |
| 3&4 | Rock R foot to R side (3) recover weight to L (&) cross R foot over L (4) 12:00 |

|  |  |
| --- | --- |
| 5&6 | Hold (5), Step L to L (&) cross R foot over L (6) 12:00 |

|  |  |
| --- | --- |
| 7,8 | Unwind ½ turn L (7) sweep L foot Front to back touching L toe back (8) 12:00 |

**\*Styling On cts 1-2 You can pop opposite knee as the foot you step back on.**

**[9-16] BODY ROLL, BALL STEP, TOUCH, POINT X3, HITCH WITH A ¼ TURN R**

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| --- | --- |
| 1,2 | Roll body on (1) Take weight on L (2) 12:00 |

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| --- | --- |
| &3,4 | Step R foot next to L (&) step back on L (3) Touch R next to L (4) 12:00 |

|  |  |
| --- | --- |
| 5&6& | Point R to R (5) step R next to L (&) Point L to L (6) Step L next to R (&) 12:00 |

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| --- | --- |
| 7, 8 | Point R to R (7), hitch R knee up making ¼ turn R (8) 3:00 |

**Re-Start on 5th Wall Touch R next to L for ct 8. (Do not make ¼ turn w/hitch.)**

**[17-24] STEP, ½ TURN R, ½ TURN R TRIPLE STEP, SIDE ROCK BALL SIDE ROCK**

|  |  |
| --- | --- |
| 1,2 | Step R foot fwd (1) make a ½ turn R stepping back on L (2) 9:00 |

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| --- | --- |
| 3&4 | Make a ½ turn R stepping fwd on R (3) step together with L (&) step fwd on R (4) 3:00 |

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| --- | --- |
| 5,6& | Rock L foot to L side (5) transfer weight back to R (6), step L foot next to R (&) 3:00 |

|  |  |
| --- | --- |
| 7,8 | Rock R foot to R side (7), transfer weight back to L (8) 3:00 |

**[25-32] STEP R BEHIND, ½ TURN UNWIND R, CROSSING SHUFFLE, SIDE ROCK CROSS, ½ TURN UNWIND L W/ HIP ROLL**

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| --- | --- |
| 1,2 | Step R foot slightly behind L (1) unwind ½ turn L taking weight on R (2) 9:00 |

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| --- | --- |
| 3&4 | Cross L foot over R(3) step R foot to R side (&) cross L foot over R (4) 9:00 |

|  |  |
| --- | --- |
| 5&6 | Rock R to R side (5) transfer weight to L (&) cross R foot over L (6) 9:00 |

|  |  |
| --- | --- |
| 7,8 | Unwind a ½ turn L slowly while rolling hips (7-8) 3:00 |

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