Body Rock

Compte: 40 **Mur:** 4 **Niveau:** Beginner
Chorégraphe: Cindi Talbot (CAN)
Musique: Everybody (Backstreet's Back) - Backstreet Boys

1-4	Step back-turning body at an angle with each step-right-left-right-left
5&6	Step slide step right-left-right to the right-pushing right hip out
7&8	Step slide step left-right-left to the left-pushing left hip out
9-12	Walk forward swaying body by pushing hips forward -right-left-right-left
13&14	Step slide step right-left-right to the right
15&16	Step slide step left-right-left to the left
17-18	Long step to right, leaning body left, slide left foot to meet right
19&20&	Rock hips-left-right-left return weight to right foot
21-22	Long step to left, make ½ turn by swinging body to the left and step right next to left
23&24	Rock shoulders-right-left-right-(right shoulder goes down first, as left goes up)
25-26	Long step left, leaning body right, slide right foot to meet left
27&28&	Rock hips right-left-right, (bring weight back on left)
29-30	Long step right, make ½ turn by swinging body to the left and step left next to right
31&32	Rock shoulders left-right-left
33&34	Right-kick ball change
35-36	Step right forward & pivot ¼ left
37-38	Step right over left, touch left toe side
39-40	Step left over right, touch right toe side

REPEAT