

RHYTHM OF THE BODY

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Raymond Sarlemijn , Roy Verdonk & Darren "Daz" Bailey

Music: Rhythm Of The Night by 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