

Rhythm of the Body

Choreographed by: **Darren 'Daz' Bailey, Roy Verdonk, Raymond Sarlemijn**

Music: Rythem of the night by Move-it

Level/walls: 4 wall, Beginner

Touch R,L Rock step, Touch L,R Rock step

1&2 Touch R toe forward & place Rf next to Lf, touch L toe forward

&3-4 & Place Lf next to Rf, Rock forward on Rf, recover onto Lf

5&6 touch L toe forward & place Lf next to Rf, touch R toe forward

& 7-8 & place Rf next to Lf, rock forward on Lf, recover onto Rf

Back shuffle, Rock step, full turn L, slide R, touch L.

1&2 Step Lf behind Rf & close Rf next to Lf, step back on Lf

3-4 Rock back on Rf, recover onto Lf

5-6 Step Forward on Rf making $\frac{1}{2}$ turn L, Step back on Lf making $\frac{1}{2}$ turn L

7-8 Make a $\frac{1}{4}$ turn L whilst sliding to R side, touch Lf next to Rf

Vine L, heel jack R, Vine R heel jack L

1-2 Step Lf to L side, cross Rf behind Lf

&3 & Step Lf to L side, touch R heel Diagonally forward to R side

&4 & Step Rf next to Lf, cross Lf over Rf

5-6 Step Rf to R side, cross Lf behind Rf

&7 & Step Rf to R side, touch Lf diagonally forward to L side

&8 & Step Lf next to Rf, cross Rf over Lf

1/2 turn R, cross shuffle, rock step, behind side touch (with shimmys)

1-2 Step Lf to L side, make $\frac{1}{2}$ turn to R stepping Rf to R side

3&4 Cross Lf over Rf, & step Rf to R side, cross Lf over Rf

5-6 Rock Rf to R side, recover onto Lf

7&8 Cross Rf behind Lf & step Lf to L side, touch Rf next to Lf.

End of dance and enjoy!!