



# Rhythm Of The Body

J.J. DANCERS

Choreograaf : Darren 'Daz' Bailey, Roy Verdonk, Raymond Sarlemijn  
Type dans : 4 Wall Line Dance; 32 Counts; Beginner  
Muziek : Rhythm Of The Night - Move-It  
Bron : Darren 'Daz' Bailey

## **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 ½ turn L, Step back on Lf making ½ turn L  
7-8 Make a ¼ 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 ½ 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!!**