

# BODY ROCK (NOVA variation)

Choreographed by James (DJ at the Brandin' Iron)

Description: 32 count, beginner line dance

Music: They Don't Care About Us by Michael Jackson

Strip That Down by Liam Payne

Can't Stop the Feeling by Justin Timberlake

House Party by Sam Hunt

## TOUCH OUT, IN, OUT, TOGETHER, TOUCH OUT, IN, OUT, TOGETHER, SWEEP BACK R-L-R-L

- |      |   |
|------|---|
| 1&2& | Touch right toe to right, touch right next to left, point right toe to right, step right next to left                           |
| 3&4& | Touch left toe to left, touch left next to right, point left toe to left, step left next to right                               |
| 5&6& | Tap right to toe to back right side, step back on right (in sweeping motion), tap left toe to back left side, step back on left |
| 7&8& | Repeat steps 5-6&   |

*Note: 5-8& are specific stylized deviations from the original step sheet*

## HEEL/CLAP & HEEL/CLAP, HEEL SWITCHES x3

- |      |   |
|------|---|
| 1-2& | Touch right heel fwd, hold/clap, step right next to left  |
| 3-4& | Touch left heel fwd, hold/clap, step left next to right   |
| 5&6& | Touch right heel forward, step right next to left, touch left heel forward, step left next to right |
| 7&8& | Touch right heel forward, step right next to left, touch left heel forward, step right next to left |

## BACK 1/4, CROSS, SIDE, CROSS, SIDE POINT, CROSS, SIDE POINT, CROSS UNWIND 1/2 TURN LEFT

- |     |   |
|-----|---|
| 1-2 | Turning 1/4 right, cross right over left, step left to left |
| 3-4 | Cross right over left, Point left to left                   |
| 5-6 | Cross left over right, Point right to right                 |
| 7-8 | Cross right over left, Unwind 1/2 left weight to left       |

## FORWARD DIAGONAL STEP TOCHES x4

- |     |   |
|-----|---|
| 1-2 | Step right diagonally forward, touch left next to right |
| 3-4 | Step left diagonally forward, touch right next to left  |
| 5-6 | Step right diagonally forward, touch left next to right |
| 7-8 | Step left diagonally forward, touch right next to left  |

## REPEAT

For original step sheet, see <http://www.copperknob.co.uk/stepsheets/body-rock-ID82224.aspx>.