



## Body Rock

Choreographed by James

**Description:** 32 count, 4 wall, beginner line dance

**Music:** **They Don't Care About Us** by Michael Jackson [HIStory, Past, Present & Future / Available on iTunes]

Intro: 32

### **TOUCH OUT, IN, OUT, TOGETHER, TOUCH OUT, IN, OUT, TOGETHER, HEEL SWITCHES X4**

1&2& Touch right toe to right, touch right together, point right toe to right, step right together  
 3&4& Touch left toe to left, touch left together, point left toe to left, step left together  
 5&6& Touch right heel forward, step right together, touch left heel forward, step left together  
 7&8& Touch right heel forward, step right together, touch left heel forward, step left together

### **HEEL/CLAP & HEEL/CLAP, HEEL SWITCHES X3**

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

### **BACK ¼, CROSS, SIDE, CROSS, SIDE POINT, CROSS, SIDE POINT, CROSS UNWIND ½**

&1-4& (Step left back turning ¼ right), cross right over left, step left to side, 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 ½ left weight to left

### **FORWARD DIAGONAL STEP TOUCHES X4**

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

### **REPEAT**

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