

Burnin' Body Rock

Choreographed by Mitchell And Linda Burgess

Description: 64 count, 4 wall, beginner/intermediate line dance

Music: "When My Baby (Almighty Radio Edit)" by Scooch

Counts Step Descriptions

- 1-4 Vine right stepping right to right side, step left behind right,
step right to right side, tap left heel to a left 45 degrees & clap
- 5-8 Full turn to left - turn 1/4 left & step forward on left,
turn 1/4 left & step right to right side,
turn 1/2 left & step left to left side, tap right beside left & clap
- 1-8 Repeat above 8 counts
- 1-8 Step right to side as you bump hips to right twice, bump hips to left twice,
bump hips to right-left-right-left
- 1-4 Tap right heel to a right 45 degrees, step right beside left,
tap left heel to a left 45 degrees, step left beside right
- 5&6 Tap right heel to a right 45 degrees,
hop right beside left as you tap left heel to a left 45 degrees,
- &7-8 Hop left beside right as you tap right heel to a right 45 degrees, hold & clap
- These next 8 steps are done moving backwards
- 1&2 Right sailor - cross right behind left, step left to left,
replace weight centre on right
- 3&4 Left sailor - cross left behind right, step right to right,
replace weight centre on left
- 5&6 Right sailor - cross right behind left, step left to left,
replace weight centre on right
- 7&8 Left sailor - cross left behind right, step right to right,
replace weight centre on left
- 1&2 Shuffle forward right stepping right-left-right,
- 3-4 Step forward on left, pivot 1/2 turn right (take weight onto right)
- 5&6 Shuffle forward left stepping left-right-left,
- 7-8 Step forward on right pivot 1/2 turn left (take weight onto left)
- 1-4 Moving forward - step forward right pushing right heel to centre, hold,
step forward left pushing left heel to centre, hold
- 5-8 Step forward right push right heel to centre,
step forward left push left heel to centre,
step forward right push right heel to centre,
step forward left push left heel to centre
- 1-4 Step right to side, kick left to left side, cross/step left behind right,
step right to right side
- 5-8 Step left to left side, kick right to right side, cross/step right behind left,
turn 1/4 turn left step forward left

REPEAT