

Body to Body

Count: 32

Wall: 4

Level: Beginner

Choreographer: Micaela Svensson Erlandsson (SWE) - September 2025

Music: Body to Body (feat. Andrew Shubin) - Sture Zetterberg



No Tags, No Restarts, you're Welcome.

Section 1 Walk. Walk. Forward Shuffle. Rock Step. Back Shuffle

- 1-2 Walk forward on right. Walk forward on left.
- 3&4 Step forward on right. Close left beside right. Step forward on right.
- 5-6 Rock forward on left. Recover onto right.
- 7&8 Step back on left. Close right beside left. Step back on left.

Section 2 Back Rock. Right Chasse. Cross Rock. Left Chasse ¼ Turn left.

- 1-2 Rock back on right. Recover onto left.
- 3&4 Step right to right side. Close left beside right. Step right to right side.
- 5-6 Rock left foot across right. Recover onto right.
- 7&8 Step left to left side. Close right beside left. Turn ¼ left stepping forward on left.

Section 3 R Cross Rock. Side. L Cross Rock. Side. R Cross Rock. Side. L Cross Rock. Side.

- 1&2 Rock right across left. Recover onto left. Step right to right side.
- 3&4 Rock left across right. Recover onto right. Step left to left side.
- 5&6 Rock right across left. Recover onto left. Step right to right side.
- 7&8 Rock left across right. Recover onto right. Step left to left side.

Easy Option: Replace Cross Rock. Side with Touch Across. Side, removing the syncopations.

Section 4 Step. ½ Turn left. Step. ½ Turn left. Cross. Back. Sway right. Sway left.

- 1-4 Step forward on right. Turn ½ left. Step forward on right. Turn ½ left.
- 5-6 Cross right over left. Step back on left.
- 7-8 Step right foot to right side Swaying hips right. Sway hips left.

Easy Option: Replace the Step ½ Turns with a Rocking Chair.

Optional Ending: Replace the 2nd of the ½ Turns with a ¼ Turn, to finish facing the front wall, and dance the last 4 counts of Section 4.
