

# RHYTHM NATION

Choreographed by Giovanni Coenmans

Description: 2 wall, 64 counts, Street/Funky

Level: Advanced

Music: 'Rhythm Nation' by Janet Jackson (110bpm)

Start 64 counts before the end of the intro

## **1-8: Kick Back, Hitch, Kick Back, Hitch, Jump out diag. 2x, Plus arm movements**

- & RF Kick backward
- 1 RF Close next LF, LF Hitch
- & LF Kick backward
- 2 LF Close next to RF, RF Hitch
- & RF Kick backward
- 3 RF Close next to LF, LF Hitch
- & LF Step on LF. RF Kick backward
- 4 RF Step on RF, LF Hitch
- 5 LF Jump both feet out (in diagonal)
- & RF Close both feet back to center
- 6 RF Jump both feet out (diagonal)
- & RF Step on RF
- 7 LF Kick forward
- & LF Weight on LF
- 8 RF Kick Forward

**Counts 1-8 for arm movements watch the video**

## **9-16: Step touch, Step touch, Bodyroll, 1 ¼ turn left, Hitch, Bodyroll Right, Close, Side step**

- 1 RF Step forward touch LF next to RF
- 2 LF Step forward touch RF next to LF
- 3 RF Step to R side start body roll
- 4 RF Finish roll into R hip
- 5 RF 1 ¼ Turn left with L hitch
- 6 RF Step R side
- 7 RF Body roll R side start with head
- & LF Close next to RF
- 8 RF Step to R side

## **17-24: Step diagonal back Brush shoulders 2x, Arm movements, Walk forward 2x, Side Step R, Close**

- 1 LF Step diagonal back brush R shoulder
- 2 RF Step diagonal back brush L shoulder
- 3 LF Step to L side both hands up
- & RF Both hands inside palms down
- 4 RF Close next to LF hands out palms down
- 5 RF Walk forward
- 6 LF Walk forward
- 7 RF Step to R side
- 8 LF Close next to LF

**Counts 4 -8 for arm movements watch the video**

## **25-32: Cross over touch, Side Step, Cross over touch, Side Kick, Cross Behind, Full turn R finish Spiral. Double Turn Right**

- 1 RF Cross touch over LF
- 2 RF Step to R side
- 3 LF Cross touch over LF
- 4 LF Kick to L side
- & LF Step on LF
- 5 RF Cross behind LF
- 6 LF Full turn R finish spiral
- & RF Step forward
- 7 LF Close next to RF Full turn R
- & RF Step forward
- 8 LF Close next to RF Full turn R
- & RF Step forward

## **33-40: Kick ball touch 2x, Heel grind, ¼ Turn left, Coaster Step, Kick forward**

- 1 LF Kick forward
- & LF Step in place
- 2 RF Touch backward
- 3 RF Kick forwards
- & RF Step in place
- 4 LF Touch backward
- 5 LF Put heel forward
- 6 RF ¼ Turn left Step R backward
- & LF Step back
- 7 RF Close next to LF
- & LF Step forward
- 8 RF Kick forward

## **41-48: Forward Step, 1/4 Turn to L, Side Step, Cross behind, 3/8 Turn to R, Forward Step. 3/8 Turn to R, Sweep**

- 1 RF Make half Circle with RF (watch video for movement)
- 2 RF Step to R side
- 3 LF Right hand push left shoulder back
- & LF Close next to RF
- 4 LF Touch to R side bending knees
- 5 RF Slowly coming up straight knees
- & RF Close next to LF
- 6 LF Step to L side bending knees
- 7 RF Coming up straight knees
- & RF Close next to LF
- 8 LF Step to L side

1/2

## **49-56: Applejacks left and right, Applejacks moving forward, Rock Step, ½ Right Step Forward**

- 1 RF Applejacks start R side

& RF Applejacks back to middle  
2 LF Applejacks to L side  
& LF Applejacks back to middle  
3 RF Applejacks start R side (slightly forward)  
& RF Applejacks back to middle  
4 LF Applejacks to L side (slightly forward)  
& LF Applejacks back to middle  
5 LF Step forward  
6 RF Weight back on RF  
7 LF ¼ R cross LF behind RF  
& RF ¼ R step forward  
8 LF Step forward

**57-64: Walk forward 2x, Side Step, Arm movements,  
Step in place, Cross over, Hold, 1 ¼ Turn Right**

1 RF Walk forward  
2 LF Walk forward  
3 RF Step to R side  
4 LF Arm movements (video)

& RF Step in place  
5 LF Cross over RF  
6 LF Hold  
7 LF 1 ¼ turn R  
8 RF Finish the 1 ¼ R

***Counts 1-4 for arm movements watch the video***