

Rock My Body

Count: 32

Wand: 4

Ebene: High Intermediate

Choreograf/in: Hiroko Carlsson (AUS) - August 2023

Musik: Rock My Body - R3HAB, Inna & Sash!



Intro: 16 counts

[S1] Shuffle Fwd, 1/4L Shuffle Fwd, Side Shuffle, 1/4L Side Shuffle

- 1&2 Shuffle forward on R-L-R
3&4 Making a ¼ turn left shuffle forward on L-R-L (9:00)
5&6 Side shuffle to the right on R-L-R
7&8 Make a ¼ turn left on ball of R foot- side shuffle to the left on L-R-L (6:00)

[S2] Kick-Ball-Step, Side Mambo Turn 1/4R-Run-Run, Side Mambo Turn 1/4L-Step-Pivot 1/4L

- 1&2 Kick forward on R, Ball step R beside L, Step forward on L
3&4 Rock R to the side, Replace weight on L making a ¼ turn right (9:00), Step R next to L
&5 Step forward on L, Step forward on R
6&7 Rock L to the side, Replace weight on L making a ¼ turn left (6:00), Step L next to R
&8 Step forward on R, Make a ¼ turn left recover weight on L (3:00)

- Restart here on Wall 4 (12:00)

[S3] Cross, Side, Sailor 1/4R into Step-Lock-Step, Paddle Turn, Step-Lock-Step (Rock)-

- 1 2 Cross R over L, Step L to the side
3&4 Step R behind L, Make a ¼ turn right stepping L beside R, Step forward on R
&5 Lock L behind R, Step forward on R
6& Step forward on L, Make a ¼ turn right recover weight on R (9:00)
7&8 Step forward on L, Lock R behind L, Step(rock) forward on L-

[S4] -Recover-1/2L, Fwd Mambo, Knee Bounce Turn

- 1 2 - Replace/push back weight on R, Make a ½ turn left stepping forward on L (3:00)
3&4 Rock forward on R, Replace weight on L, Step R next to L - Count 5 to 8 making a full turn right, bouncing on the spot
5&6& Step down on L making a ¼ turn right hitch R knee (6:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (9:00), Ball step R in place
7&8 Step down on L making a ¼ turn right hitch R knee (12:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (3:00)

Restart on Wall 4 count 16 (12:00)

Ending Suggestion: Start the last wall facing 12:00. Dance towards the end and replace the last 4 counts or 7 steps with a '3/4 R (not full turn) knee bounce turn' (12:00).

Please feel free to contact me if you need any further information.
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