

Rock My Body

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Nathan Gardiner (SCO) - November 2023

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



Intro: 40 counts

Out, Out, Rock Back, Recover, Shuffle Forward, Rock Forward, Recover

- 1-2 Step R forward on R diagonal, Step L forward on L diagonal
- 3-4 Rock back on R, Recover on L
- 5&6 Step forward on R, Step L next to R, Step forward on R
- 7-8 Rock forward on L, Recover on R

Shuffle ½ L, Step Pivot ¼ L, Cross, Side L, Behind, Side L

- 1&2 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L
- 3-4 Step forward on R, Pivot ¼ L
- 5-6 Cross R over L, Step L to L side
- 7-8 Step R behind L, Step L to L side

Cross Rock, Recover, Chasse R, Cross, Side R, Sailor ¼ L

- 1-2 Cross rock R over L, Recover on L
- 3&4 Step R to R side, Step L next to R, Step R to R side
- 5-6 Cross L over R, Step R to R side
- 7&8 Step L behind R, ¼ L stepping R next to L, Step forward on L

Touch with Hip Bumps, Touch with Hips Bumps, Step Pivot ¼ L, Step Pivot ¼ L

- 1&2 Touch R toes forward bumping R hip forward, Bump R hip back, Bump R hip forward (weight ends on R)
- 3&4 Touch L toes forward bumping L hip forward, Bump L hip back, Bump L hip forward (weight ends on L)
- 5-6 Step forward on R, Pivot ¼ L
- 7-8 Step forward on R, Pivot ¼ L

Restart: On wall 3 after 16 counts with step change. On count 16 change Side L to ¼ L stepping forward on L then restart the dance

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