

# Rock Your Body

**COPPER** **NOB**  
STEPSHEETS

Count: 0

Wand: 0

Ebene:

Choreograf/in: Kathy Kazmarek

Musik: Everybody (Backstreet's Back) - Backstreet Boys



Sequence: ABAC ABAC D BCAA

## PART A

### RUNNING MAN/KICK-KICK/DOUBLE-KICK/ROCK STEPS/MONTEREY SPINS

- 1& Step forward onto right foot, scoot back on ball of right foot
- 2& Step forward onto left foot, scoot back on ball of left foot
- 3& Step forward onto right foot, scoot back on ball of right foot
- 4& Step forward onto left foot, scoot back on ball of left foot
- 5&6 Kick right foot forward-switch feet & kick left foot forward
- &7-8 Switch feet & kick right foot forward twice
- 9-10 Rock forward onto right foot, step in place with left foot
- 11-12 Rock back onto right foot, step in place with right foot
- 13&14 Kick right foot forward-switch feet & kick left foot forward
- &15-16 Switch feet & kick right foot forward twice
  
- 17& Step back onto ball of right foot, scoot forward on ball of right foot
- 18& Step back onto ball of left foot, scoot forward on ball of left foot
- 19& Step back onto ball of right foot, scoot forward on ball of right foot
- 20& Step back onto ball of left foot, scoot forward on ball of left foot
- 21-22 Rock forward onto right foot, step in place with left foot
- 23-24 Rock back onto right foot, step in place with right foot
- 25-26 Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot
- 27-28 Touch left toe to left side, step onto left foot next to right
- 29-30 Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot
- 31-32 Touch left toe to left side, step onto left foot next to right

## PART B

### SIDE TOE-SNAPS/SIDE-TOGETHER-SIDE-TOUCH/FORWARD TOE-SNAPS/ HIP ROLLS/WALK BACK/ROCK STEPS

- 1-2 Step to the right on right toe, snap down onto right heel
- 3-4 Step onto left toe across front of right foot, snap down onto left heel
- 5-6 Step to the right on right foot, step together with left foot
- 7-8 Step to the right on right foot, touch with left foot
- 9-10 Step to the left on left toe, snap down onto left heel
- 11-12 Step onto right toe across front of left foot, snap down onto right heel
- 13-14 Step to the left on left foot, step together with right foot
- 15-16 Step to the left on left foot, touch with right foot
- 17-18 Step forward onto right toe, snap down onto right heel
- 19-20 Step forward onto left toe, snap down onto left heel
- 21-24 Roll hips in a circular motion for 4 beats
- 25-28 Walk back 4 steps - (right-left-right-left)
- 29-30 Rock forward onto right foot, step in place with left foot
- 31-32 Rock back onto right foot, step in place with right foot

## PART C

### KICK-BALL-CHANGE/KICK-KICK/SHUFFLE WITH A TURN

- 1&2 Kick right foot forward, step quickly on ball of right foot and change weight to left foot
- 3&4 Kick right foot forward, step quickly on ball of right foot and change weight to left foot
- 5-6-7&8 Kick-kick forward with right foot, shuffle (right-left-right) making  $\frac{1}{4}$  turn to the right
- 9&10 Kick left foot forward, step quickly on ball of left foot and change weight to right foot
- 11&12 Kick left foot forward, step quickly on ball of left foot and change weight to right foot
- 13-15&16 Kick-kick forward with left foot, shuffle-(left-right-left) making  $\frac{3}{4}$  turn to the left

## **PART D**

### **SYNCOATED CHASSE' RIGHT AND LEFT**

- 1-2 Step right foot to right side, hold for one count
  - &3 Bring left foot next to right, quickly stepping right foot to right side
  - 4 Touch left foot next to right foot
  - 5-6 Step left foot to left side, hold for one count
  - &7 Bring right foot next to left, quickly stepping left foot to left side
  - 8 Touch right foot next to left foot
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