

# Rock Your Body

**COPPER** **KNOB**  
STEPSHEETS

Count: 64

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: ShaBeDa

Musik: Rock Your Body - Justin Timberlake



## **ROCK & HITCH, SAILOR ½ TURN RIGHT, ROCK RECOVER ½ TURN & POINT**

- 1&2 Rock right to right side, recover onto left, hitch right knee out to right side, (right heel next to left knee)
- 3&4 Cross step right behind left making ½ turn right, step left beside right, step right to right side
- 5-6 Rock forward on left, recover weight onto right
- &7-8 Make ½ turn left stepping left beside right, step right beside left, point left toe forward

## **BALL CROSS KICK, STEP BEHIND, POINT, CROSS STEP IN FRONT, POINT, CROSS POINT**

- &1-2 Step left beside right, cross step right over left, kick left to left side
- 3-4 Cross step left behind right, point right to right side
- 5-6 Cross step right over left, point left to left side
- 7-8 Cross step left over right, point right to right side

## **¾ BACKWARD SWEEP & CROSS, TOUCH, KNEE POPS, HIP BUMPS (WITH SHOULDERS)**

- 1&2 Sweep right foot backwards ¾ turn right stepping onto right, step left beside right, cross right over left
- 3&4 Touch left toe to left side, popping knee to left, pop knee towards right, pop knee to left
- 5-6 Bump hips forward (over left foot), bump hips back, (weight on right)
- 7&8 Bumps hips forward, bump hips back, bump hips forward (weight on left)

**When you bump forward, shoulders go back, when bumping hips back, shoulders push forward**

## **KICK BALL POINT, KICK BALL POINT, SAILOR STEP, SAILOR ¼ TURN LEFT**

- 1&2 Kick right foot forward, step right beside left, point left to left side
- 3&4 Kick left foot forward, step left beside right, point right to right side
- 5&6 Cross step right behind left, step left beside right, step right to right side
- 7&8 Cross step left behind right, step right ¼ turn left, step left beside right

## **JUMPS FORWARD & BACK TWICE WITH ¼ TURN LEFT, FLICK, TOUCH, TWIST TWIST TWIST, HITCH COASTER STEP**

- &1&2 Jump forward right, left (with feet shoulder width apart) jump back right, left (feet together)
- &3&4 Make a ¼ turn left while jumping forward right, left (shoulder width apart) jump back right, left (feet together)
- &5&6 Flick right heel to right side, touch right toe forward with right heel in, twist right heel out, twist right heel in
- &7&8 Hitch right knee, step back on right, step left beside right, step forward right

## **STEP, TOUCH, SHRUG SHRUG SHRUG, BALL STEP ½ PIVOT LEFT, SCUFF HITCH ½ TURN LEFT**

- 1-2 Step forward left, touch right toe beside left
- 3&4 Step right long step to right side, while shrugging shoulders up & down, dragging left to touch beside right
- &5-6 Step left beside right, step forward right, pivot ½ turn left, (weight on left)
- 7&8 Scuff right forward, hitch right knee while making a ½ turn left, touch right beside left

## **DIAGONAL TAP, TAP, STEP, LEFT & RIGHT, TOUCH AND HEEL, STEP, TOUCH AND HEEL**

- 1&2 Tap right toe across left foot, tap right toe further left, cross step right over left (angle body left)

- 3&4 Tap left toe across right foot, tap left toe further right, cross step left over left (angle body right)
- 5&6 Touch right toe beside left, step back slightly on right foot, touch left heel forward
- &7&8 Step left beside right, touch right toe beside left, step back slightly on right foot, touch left heel forward

**STEP, CROSS, POINT, ½ MONTEREY LEFT, POINT, ¾ MONTEREY RIGHT, POINT LEFT, STEP, HEELS UP HEELS DOWN**

- &1-2 Step left beside right, cross step right over left, point left to left side
- 3-4 Make ½ turn left bringing left beside right, point right to right side
- 5-6 Make ¾ turn right bring right beside left, point left to left side
- &7&8 Step forward on left, step right beside left, pop both knees forward raising heels, drop heels

**REPEAT**

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