

Body Rockin

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Phillip Pulliam (USA)

Musik: Rock Your Body - Justin Timberlake



-
- 1-4 Step diagonally on right foot to right and throw right arm diagonally left, bring foot back to left and drop arm to right side, step diagonally on left foot to left side and throw left arm diagonally to right, bring left foot back to right and drop arm to left side
- 5 Step forward on left foot
- 6-8 Kick ball change starting on the right foot
- 1-4 Step left foot behind right, do a half turn over the left shoulder, step right toe to right side, step forward on right
- 5-8 Touch left toe to left side, step forward on left, touch right toe to right side, step forward on right
- 1-2 Hitch left knee, $\frac{1}{4}$ turn over the left shoulder swinging knee to the left
- 3&4 Ball change left, right, left
- 5-6 Step diagonally with right while crossing arms in front of body, uncross arms bringing back to side and snap fingers
- 7-8 Body roll
- 1-2 Hip roll to left
- 3-4 Hip roll to right
- 5-6 Slide to right
- 7-8 Drop twist body to right, untwist body to standing position

REPEAT
