

# Rock My Body

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Ira Barie (INA) & Neva (INA) - May 2023  
音乐: Rock My Body - R3HAB, Inna & Sash!



## Sec 1: Rock, Recover, Coaster Step, kick, kick, Coaster Step

1-2      Step RF Forward(1), recover weight on LF(2)  
3&4      Step RF backward (3), step LF close to RF (&), step RF forward (4) (12 o'clock)  
5-6      Kick LF diagonal twice (5,6)  
7&8      Step LF backward (7), step RF close to LF (&), step LF forward (8) (12 o'clock)

## Sec 2: forward , 1/4 turn L, cross shuffle, side rock, recover , 1/4 turn L Coaster Step

1-2      step RF forward (1), 1/4 turn L (2) (weight on LF 9 o'clock)  
3&4      Cross RF over LF(3), Step LF to side(&), Cross RF over LF(4)  
5-6      step LF to L side (5), recover on RF,  
7&8      1/4 turn L crossing LF behind RF(7), step RF beside LF (&), step LF forward (8) (6 o'clock)

## Sec 3: Rock R Side, Recover, Together, Rock L Side, Recover, Together, Rock R Forward, Recover, Together, Anchor Step

1-2&      Step RF to R side (weight on RF)(1), recover on LF (2), Step RF next to LF (&)  
3-4&      Step LF to L side (weight on LF)(3), recover RF (4), Step LF next to RF (&)  
5-6      Step RF Forward (weight on RF)(5), recover on LF(6)  
7&8      Step RF behind hitching LF (7), Recover on LF (&), Recover on RF hitching LF(8)

## Sec 4: Back sweep - point forward (3x) (Optional : with body wave), Walk, Walk

1-2      Sweep LF from front to back (1), point forward on RF (2) (weight on LF)  
3-4      Sweep on RF from front to back (2), point forward LF (4) (Weight on RF)  
5-6      repeat 1-2  
7-8      Step forward on RF, step forward on LF (6 o'clock)

Restart on wall 4 after sec 2

Happy dancing ♥♥♥

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