

# Rock Your Body

**COPPER** KNOB  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: ShaBeDa  
音乐: 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**

---