

Everybody Rock Your Body

COPPERKNOB
STEPSHEETS

拍数: 112 墙数: 4 级数: Intermediate/Advanced
编舞者: Wendy Dee (CAN)
音乐: Everybody (Backstreet's Back) - Backstreet Boys



INTRO

One time only

BUMP, HOLD, HOLD, & BUMP

1-3 Bump hip to right, hold (2 beats)
&4 Bump hip left, right

THE MAIN DANCE:

ROCK/BUMP HIPS LEFT, RIGHT, LEFT-RIGHT-LEFT

1-2 Rock onto left, rock onto right
3&4 Rock hips to left, right, left

½ TURN LEFT WITH MORE ROCKS

5 With weight on left pivot ½ turn left placing weight on right immediately and rock right
6&7 Rock hips left, right, left
8 Weight on right, cross left up behind right shin (clap at same time)

DO THAT AGAIN

9-16 Repeat 1-8

BIG STEP TO LEFT, HOLD & STEP, STEP

17-19 Big step to left, drag right together (2 beats)
&20 Step right, left

TWIST HEELS & ¼ TURN RIGHT WITH KICK

21-22 Twist heels left, right
23&24 Twist heels left, right, twist heels left with ¼ turn right, kick right

ROLLING BACK VINE

25-28 Start right rolling vine backwards, touch left

2 SAILOR SHUFFLES FORWARD

&29&30 Shuffle left-right-left angle to left (use left quick kick to start)
&31&32 Shuffle right-left-right angle to right (use right quick kick to start)

LEFT KICK-BALL-CHANGE, STOMP, HOLD

33&34-35-36 Left kick ball change, stomp left forward, hold with a clap

DO THAT AGAIN

37-44 Repeat steps &29-36, start using right this time

STEP OUT, OUT, BUMP & BUMP

45-46 Step left out to left, step right out to right (feet should be slightly wider than shoulder width apart)
47&48 Bump hips left-right-left

BRING FEET TOGETHER, BOUNCE DOWN & UP, DOWN & UP

49&50 Bend knees & slightly bounce down & up (right hand on chest)

51&52 Repeat 49&50

RIGHT FORWARD & BOUNCE FORWARD & FORWARD & FORWARD & FORWARD

53-56 Touch right forward and with weight on left move hips forward, back, forward, back, forward, back, forward

DO THAT AGAIN

57-64 Repeat steps 49-56

STEP FORWARD, HOLD, ½ (HALF) TURN, HOLD

65-68 Step right forward, hold, half turn left, hold

69-72 Repeat 65-68

FULL TURN RIGHT: ROCK, ROCK, HALF TURN, HALF TURN

73-74 Rock side onto right, rock side onto left

75 Half turn right onto right

76 Half turn right onto left

ROCK, ROCK, STEP, STEP, (FULL TURN LEFT)

77-78 Rock side onto right, rock side onto left

79-80 Cross right, step left (as you do a full turn to left)

HERE'S YOUR BIG CHORUS MOVES-"EVERYBOODDAY"

HOP, HOP, TOUCH SIDE, HOLD FOR 4 BEATS

81-82 With feet together, hop to right side, hop to left side (arms go in opposite direction)

83-86 Touch right toe to side (shake shoulders while you hold for 4 beats)

TOGETHER, SIDE, TOGETHER, CROSS

&87 Bring left together with right, right to side

&88 Bring left together with right, step right behind left

ROCK, ROCK, ROCK TOGETHER SIDE

89-90 Rock side to right, to left

91&92 Shuffle side right-left-right (rocking motion, using arms same direction)

ROCK, ROCK, ROCK TOGETHER SIDE

93-94 Rock side to left, to right

95&96 Shuffle side, left-right-left

BEHIND TOUCH, SLOW CROSS FRONT

97-99 Touch right toe behind left, slowly slide it in a circular motion around to front & side of left, step on right

&100 And hop onto left, and onto right (shoulder width apart)

SNAKE SHOULDERS RIGHT AND LEFT

&101-102 Snake shoulders right

&103-104 Snake shoulders left

FULL TURN LEFT WHILE DOING SIDE HITCH

105& Touch right side & hitch ¼ turn left

106& Touch right side & hitch ¼ turn left

107& Touch right side & hitch ¼ turn left

108 Touch right to side

OUT, HOLD, OUT, IN, IN

109 Step right out to side
110 Hold
111 Step left out to side
&112 Step right in, step left in (being ready to start over with the left bump)

REPEAT

At 3rd wall omit steps 73-80 and continue from 81 to end of dance, and repeat 81 to end again!
