

# Rock Your Body

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Francien Sittrop (NL) - August 2011  
音乐: Rock Your Body (Radio Edit) - The Phonkers



**Intro: Start after 16 Counts on Vocals**

**[1 – 8] Rock Recover, Prissy Walks, Shuffle fwd, Kick Ball Cross**

1 – 2      Rock R back , Recover on L  
3 – 4      Step R across L , Step L Across R  
5 & 6      Step R fwd, Step L next to R, Step R fwd  
7 & 8      Kick L fwd, Step L down, Step R across L

**[9-16] ¼ L with Hip Bumps x2 , Sailor Step x2**

1 & 2      ¼ L step L fwd an bump hips L,R,L (09.00)  
3 & 4      ¼ L step R to R side and bump hips R,L,R (06.00)  
5 & 6      Step L behind R, Step R to R side, Step L to L side  
7 & 8      Step R behind L , Step L to L side, Step R to R side

**[17-24] ¼ Turn L x2 , Behind Side Cross, Side Shuffle, Rock Recover**

1 – 2      ¼ L step L fwd, ¼ L step R to R side (12.00)  
3 & 4      Step L behind R, Step R to R side, Step L across R  
5 & 6      Step R to R side, Step L next to R, Step R to R side  
7 – 8      Rock L back, Recover on R

**[25-32] ¼ Turn L Out Out, Swivel ¼ L, Step Back x2 , Swivel ¼ R , Cross R Recover**

1 – 2      ¼ L step L out, Step R out (09.00)  
3 – 4      Swivel on Ball of both feet ¼ Turn L, Step L back (06.00)  
5 – 6      Step R back , Swivel on ball of both feet ¼ Turn R (09.00)  
7 – 8      Rock L across R, Recover on R

**[33-40] Side Shuffle ¼ L, Scuffs fwd , Taps R, Kick Ball Point**

1 & 2      Step L to L side, Step R next to L, ¼ Turn L Step L fwd (06.00)  
**\*\*R\*\*\***  
3 & 4      Scuff R fwd , Scuff R back across L, Scuff R Diag R fwd  
5 & 6      Tap R Diag R fwd x3 (weight ends on R )  
7 & 8      Kick L fwd, Step L down., Touch R to R side

**[41-48] Jazz Box ¼ R x2**

1 – 4      Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (09.00)  
5 – 8      Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (12.00)

**[49-56] Step Touch, Step Back & Heel, Hold, Taps Diag back (travelling back)**

1 – 2      Step R fwd, Touch L next to R  
&3-4      Step L back, Touch R heel fwd, Hold  
5 & 6      Tap R Diag back Facing Body to R ( weight ends on R)  
7 & 8      Tap L Diag back Facing Body To L( weight ends on L)

**[57-64] Coaster Step , Shuffle fwd, Rock Recover , ½ Turn R, ¼ Turn R**

1 & 2      Step R back, Step L next to R, Step R fwd (12.00)  
3 & 4      Step L fwd, Step R next to L, Step L fwd  
5 – 6      Rock R fwd, Recover on L  
7 – 8      ½ Turn R step R fwd, ¼ Turn R step L to L side (09.00)

**\*\*\*\* Restart wall 6 (Facing 03.00 Wall )**

**After count 33-34 : 1&2 Shuffle ¼ Turn L ..... Add these steps :**

3 - 4                    Touch R next to L , Hold

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