

EZ Body Rock

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: John Robinson (USA) - June 2012
音乐: Rock Your Body (Radio Edit) - The Phonkers



(Floorsplit for Rock Your Body)
Start on lyrics (16-count intro)

R ROCK BACK, RECOVER, WALK FORWARD R-L, R TRIPLE FORWARD, WALK FORWARD L-R

1,2 [Back rock] Rock ball of R back (1), Recover forward to L (2)
3,4 [Walk, walk] Step R forward (3), Step L forward (4)
5&6 [Triple step] Step R forward (5), Step ball of L next to R (&), Step R forward (6)
7,8 [Walk, walk] Step L forward (7), Step R forward (8)

ALTERNATING TOE-HEEL STRUTS (R-L-R-L) WITH HIP BUMPS GRADUALLY TURNING 1/4 LEFT

Styling: Bump hips left twice while executing L struts; bump hips right twice while executing R struts

1,2 [Left strut] Touch L toe forward turning 1/8 left (10:30) (1), Lower L heel taking weight (2)
3,4 [Right strut] Touch R toe forward (3), Lower R heel taking weight (4)
5,6 [Left strut] Touch L toe forward turning 1/8 left (9:00) (5), Lower L heel taking weight (6)
7,8 [Right strut] Touch R toe forward (7), Lower R heel taking weight (8)

L FORWARD ROCK, RECOVER, STEP BACK, STEP TOGETHER, CLAP 3X, BUMP HIPS R-L

1,2 [Rock, recover] Rock ball of L forward (1), Recover back to R (2)
3,4 [Back, together] Step L back (3), Step R next to L (4)
5&6 [Clap-clap-clap] Hold position/clap hands three times (5&6)
7,8 [Bump, bump] Move hips right (7), Move hips left (weight ends on L) (8)

DIAGONAL STEP TOUCHES TRAVELING SLIGHTLY BACK

Styling: Preparing to snap fingers, bring arms in toward midsection at hip level on count

*1. Swing arms down to right snapping fingers to right side (at hip level) on count

*2. Return arms to midsection on count

*3. Swing arms down to left snapping fingers to left side (at hip level) on count

*4. Repeat this series of movements for counts 5-8.

1,2 [Back, touch] Step R back diagonally right (toward 1:00) (1), Touch L next to R (2)
3,4 [Back, touch] Step L back diagonally left (toward 5:00) (3), Touch R next to L (4)
5,6 [Back, touch] Step R back diagonally right (toward 1:00) (5), Touch L next to R (6)
7,8 [Back, touch] Step L back diagonally left (toward 5:00) (7), Touch R next to L (8)

START AGAIN & ENJOY!

Tag: 4-beat tag* after 11th wall—this occurs when facing 3:00 after the part where the singer repeats himself several times (“rock your...rock your...rock your...” etc.)

[EZ TAG]

*You can anticipate this tag by listening for the change in the music. First, there is a long instrumental section. Then the vocalist begins to repeat himself (almost sounds like a record skipping). While this is happening, you will complete the 11th repetition of the dance to face 3:00. At this point, hold position and raise both arms slowly out to sides for 3 counts, then snap or clap on count 4 (on the “crash” in the music). Begin the dance again and enjoy the final two repetitions.