

Rock My Body

拍數: 32 牆數: 2 級數: Beginner
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音樂: 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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