

# Rock My Body

COPPERKNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: High Intermediate  
編舞者: Hiroko Carlsson (AUS) - August 2023  
音樂: Rock My Body - R3HAB, Inna & Sash!



Intro: 16 counts

## [S1] Shuffle Fwd, 1/4L Shuffle Fwd, Side Shuffle, 1/4L Side Shuffle

1&2      Shuffle forward on R-L-R  
3&4      Making a ¼ turn left shuffle forward on L-R-L (9:00)  
5&6      Side shuffle to the right on R-L-R  
7&8      Make a ¼ turn left on ball of R foot- side shuffle to the left on L-R-L (6:00)

## [S2] Kick-Ball-Step, Side Mambo Turn 1/4R-Run-Run, Side Mambo Turn 1/4L-Step-Pivot 1/4L

1&2      Kick forward on R, Ball step R beside L, Step forward on L  
3&4      Rock R to the side, Replace weight on L making a ¼ turn right (9:00), Step R next to L  
&5      Step forward on L, Step forward on R  
6&7      Rock L to the side, Replace weight on L making a ¼ turn left (6:00), Step L next to R  
&8      Step forward on R, Make a ¼ turn left recover weight on L (3:00)

- Restart here on Wall 4 (12:00)

## [S3] Cross, Side, Sailor 1/4R into Step-Lock-Step, Paddle Turn, Step-Lock-Step (Rock)-

1 2      Cross R over L, Step L to the side  
3&4      Step R behind L, Make a ¼ turn right stepping L beside R, Step forward on R  
&5      Lock L behind R, Step forward on R  
6&      Step forward on L, Make a ¼ turn right recover weight on R (9:00)  
7&8      Step forward on L, Lock R behind L, Step(rock) forward on L-

## [S4] -Recover-1/2L, Fwd Mambo, Knee Bounce Turn

1 2 -      Replace/push back weight on R, Make a ½ turn left stepping forward on L (3:00)  
3&4      Rock forward on R, Replace weight on L, Step R next to L - Count 5 to 8 making a full turn right, bouncing on the spot  
5&6&      Step down on L making a ¼ turn right hitch R knee (6:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (9:00), Ball step R in place  
7&8      Step down on L making a ¼ turn right hitch R knee (12:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (3:00)

Restart on Wall 4 count 16 (12:00)

Ending Suggestion: Start the last wall facing 12:00. Dance towards the end and replace the last 4 counts or 7 steps with a '3/4 R (not full turn) knee bounce turn' (12:00).

Please feel free to contact me if you need any further information.  
(hirokoclinedancing@gmail.com)