

Rock My Body

拍數: 32 牆數: 2 級數: Improver
編舞者: Nathan Gardiner (SCO) - November 2023
音樂: Rock My Body - R3HAB, Inna & Sash!



Intro: 40 counts

Out, Out, Rock Back, Recover, Shuffle Forward, Rock Forward, Recover

1-2 Step R forward on R diagonal, Step L forward on L diagonal
3-4 Rock back on R, Recover on L
5&6 Step forward on R, Step L next to R, Step forward on R
7-8 Rock forward on L, Recover on R

Shuffle ½ L, Step Pivot ¼ L, Cross, Side L, Behind, Side L

1&2 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L
3-4 Step forward on R, Pivot ¼ L
5-6 Cross R over L, Step L to L side
7-8 Step R behind L, Step L to L side

Cross Rock, Recover, Chasse R, Cross, Side R, Sailor ¼ L

1-2 Cross rock R over L, Recover on L
3&4 Step R to R side, Step L next to R, Step R to R side
5-6 Cross L over R, Step R to R side
7&8 Step L behind R, ¼ L stepping R next to L, Step forward on L

Touch with Hip Bumps, Touch with Hips Bumps, Step Pivot ¼ L, Step Pivot ¼ L

1&2 Touch R toes forward bumping R hip forward, Bump R hip back, Bump R hip forward (weight ends on R)
3&4 Touch L toes forward bumping L hip forward, Bump L hip back, Bump L hip forward (weight ends on L)
5-6 Step forward on R, Pivot ¼ L
7-8 Step forward on R, Pivot ¼ L

Restart: On wall 3 after 16 counts with step change. On count 16 change Side L to ¼ L stepping forward on L then restart the dance

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