

Rock My Body

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Nathalie LATERRIERE (FR) - December 2023
音樂: Rock My Body - R3HAB, Inna & Sash!



Start : 32 counts

S1 : STEP FORWARD R, POINT L ,KICK L ,¼ T L, POINT R, CROSS TOUCH R, SIDE POINT R, 1/8 T L COASTER STEP (12:00-7:30)

1-2 Step forward on RF, point LF to L side
3&4 Kick LF forward, ¼ T L stepping LF next to RF, point RF to R side (9:00)
5-6 Point RF across LF, point RF to R side
7&8 1/8 T L stepping back on RF, step LF next to RF, step forward on RF (7:30)

S2 : DOROTHY STEP L/R, CROSS BACK L 1/8T L, BACK PONY STEPS x2

1-2& Step forward on LF on the L diagonal, step RF behind LF, step LF quickly forward (7:30)
3-4& Step forward on RF on the R diagonal, step LF behind RF, step RF quickly forward (10:30)
5-6 Step LF across RF, 1/8 T L stepping back on RF hitching L knee (9:00)
&7&8 Ball step LF next to RF(&), step back on RF hitching L knee(7), Ball step LF next to RF(&),step back on RF hitching L knee (8)

RESTART on Wall 3 facing 3:00 with an additional step : Add a "&" count after count 8 stepping LF next to RF and start over from the beginning.

S3 : SIDE ROCK L, CROSS TRIPLE , HEEL GRIND ½ T R, COASTER STEP R (9:00-3:00)

1-2 Rock LF to L side, recover on RF
3&4 Step LF across RF, step RF to R, step LF across RF
5-6 Step R heel across LF, taking weight on R heel turn ½ T over R shoulder and step back on LF (3 :00)
7&8 Step back on RF, step LF together, step forward on RF

S4 : SIDE L, CLAP, BALL STEP R, SIDE L, TOUCH R CLAP, ROLLING VINE R,TOGETHER L

1-2 Step LF to L side, clap hands
&3-4 Step RF next to LF, step LF to L side, touch RF next to LF clapping your hands
5-6 Turn a ¼ T R stepping forward on RF, ½ T R stepping back on LF
7-8 ¼ T R stepping RF to R side, step LF next to RF (end weight on LF)