

Rock Your Body

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tom Mickers (NL)
音樂: Rock Your Body - Justin Timberlake



RIGHT FORWARD, BIG STEP LEFT, BALL CHANGE, WALK

- 1 Right foot - step forward
- 2 Left foot - big step left
- & Right foot - back together and step back
- 3 Left foot - step forward
- 4 Right foot - step forward

PRESS BALL CHANGE, ¼ WALK RIGHT, LEFT TAP STEP

- 5 Left foot - rock left
- & Right foot - step in place
- 6 ¼ turn left and step left foot forward
- 7 Right foot - step forward
- & Left foot - tap forward
- 8 Left foot - step forward

RIGHT, RONDE LEFT, SAILOR-PIVOT TURN

- 9 Right foot - step in place and starting to rondé left foot
- 10 Left foot - cross behind right foot
- & Right foot - step to the right side
- 11 ¼ turn to the right and step left foot forward
- 12 ½ turn to the right and right foot step in place

WALK, WALK, RIGHT-OUT, LEFT-OUT

Keep knees together for 13-15

- 13 Left foot - step forward
- 14 Right foot - step forward
- 15 Left foot - step forward
- & Right foot - small step to the right
- 16 Left foot - small step to the left

¼ SAILOR-STEP, 3-STEP ¾ TURN'S, ½ TURN, TAP

- 17 Right foot - cross behind left foot
- & Left foot - step back together
- 18 ¼ turn to the right and right foot step forward
- 19&20 Step left foot, right foot, left foot turning ¾ to the right traveling forward
- 21&22 Step right foot, left foot, right foot turning ¾ to the right traveling forward
- 23&24 Step left foot, right foot, left foot touch beside right foot while turning ½ turn to the right

PRESS KICKBALL PIVOT TURN

- 25 Left foot - rock to the left side
- 26 Left foot - kick forward
- & Left foot - step beside right foot
- 27 Right foot - step forward
- 28 ½ turn left and change weight to left foot

FORWARD BOX-STEP HOLD, BACK BOX STEP HOLD

29 Right foot - step diagonally right forward
& Left foot - small step forward
30 Right foot - cross over left foot
31 Left foot - step diagonally back left
& Right foot - small step back
32 Left foot - cross over right foot

REPEAT

During counts 19-24 roll your shoulders and counts 29-32 keep your head still and walk your body around your head
