

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
