

Rock Your Body

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: ShaBeDa
音樂: Rock Your Body - Justin Timberlake



ROCK & HITCH, SAILOR ½ TURN RIGHT, ROCK RECOVER ½ TURN & POINT

- 1&2 Rock right to right side, recover onto left, hitch right knee out to right side, (right heel next to left knee)
3&4 Cross step right behind left making ½ turn right, step left beside right, step right to right side
5-6 Rock forward on left, recover weight onto right
&7-8 Make ½ turn left stepping left beside right, step right beside left, point left toe forward

BALL CROSS KICK, STEP BEHIND, POINT, CROSS STEP IN FRONT, POINT, CROSS POINT

- &1-2 Step left beside right, cross step right over left, kick left to left side
3-4 Cross step left behind right, point right to right side
5-6 Cross step right over left, point left to left side
7-8 Cross step left over right, point right to right side

¾ BACKWARD SWEEP & CROSS, TOUCH, KNEE POPS, HIP BUMPS (WITH SHOULDERS)

- 1&2 Sweep right foot backwards ¾ turn right stepping onto right, step left beside right, cross right over left
3&4 Touch left toe to left side, popping knee to left, pop knee towards right, pop knee to left
5-6 Bump hips forward (over left foot), bump hips back, (weight on right)
7&8 Bumps hips forward, bump hips back, bump hips forward (weight on left)

When you bump forward, shoulders go back, when bumping hips back, shoulders push forward

KICK BALL POINT, KICK BALL POINT, SAILOR STEP, SAILOR ¼ TURN LEFT

- 1&2 Kick right foot forward, step right beside left, point left to left side
3&4 Kick left foot forward, step left beside right, point right to right side
5&6 Cross step right behind left, step left beside right, step right to right side
7&8 Cross step left behind right, step right ¼ turn left, step left beside right

JUMPS FORWARD & BACK TWICE WITH ¼ TURN LEFT, FLICK, TOUCH, TWIST TWIST TWIST, HITCH COASTER STEP

- &1&2 Jump forward right, left (with feet shoulder width apart) jump back right, left (feet together)
&3&4 Make a ¼ turn left while jumping forward right, left (shoulder width apart) jump back right, left (feet together)
&5&6 Flick right heel to right side, touch right toe forward with right heel in, twist right heel out, twist right heel in
&7&8 Hitch right knee, step back on right, step left beside right, step forward right

STEP, TOUCH, SHRUG SHRUG SHRUG, BALL STEP ½ PIVOT LEFT, SCUFF HITCH ½ TURN LEFT

- 1-2 Step forward left, touch right toe beside left
3&4 Step right long step to right side, while shrugging shoulders up & down, dragging left to touch beside right
&5-6 Step left beside right, step forward right, pivot ½ turn left, (weight on left)
7&8 Scuff right forward, hitch right knee while making a ½ turn left, touch right beside left

DIAGONAL TAP, TAP, STEP, LEFT & RIGHT, TOUCH AND HEEL, STEP, TOUCH AND HEEL

- 1&2 Tap right toe across left foot, tap right toe further left, cross step right over left (angle body left)

- 3&4 Tap left toe across right foot, tap left toe further right, cross step left over left (angle body right)
- 5&6 Touch right toe beside left, step back slightly on right foot, touch left heel forward
- &7&8 Step left beside right, touch right toe beside left, step back slightly on right foot, touch left heel forward

STEP, CROSS, POINT, ½ MONTEREY LEFT, POINT, ¾ MONTEREY RIGHT, POINT LEFT, STEP, HEELS UP HEELS DOWN

- &1-2 Step left beside right, cross step right over left, point left to left side
- 3-4 Make ½ turn left bringing left beside right, point right to right side
- 5-6 Make ¾ turn right bring right beside left, point left to left side
- &7&8 Step forward on left, step right beside left, pop both knees forward raising heels, drop heels

REPEAT
