

# Everybody Rock Your Body

**COPPER** **KNOB**  
STEPSHEETS

拍數: 112      牆數: 4      級數: Intermediate/Advanced  
編舞者: Wendy Dee (CAN)  
音樂: Everybody (Backstreet's Back) - Backstreet Boys



## INTRO

One time only

### BUMP, HOLD, HOLD, & BUMP

1-3              Bump hip to right, hold (2 beats)  
&4              Bump hip left, right

## THE MAIN DANCE:

### ROCK/BUMP HIPS LEFT, RIGHT, LEFT-RIGHT-LEFT

1-2              Rock onto left, rock onto right  
3&4              Rock hips to left, right, left

### ½ TURN LEFT WITH MORE ROCKS

5              With weight on left pivot ½ turn left placing weight on right immediately and rock right  
6&7              Rock hips left, right, left  
8              Weight on right, cross left up behind right shin (clap at same time)

## DO THAT AGAIN

9-16              Repeat 1-8

### BIG STEP TO LEFT, HOLD & STEP, STEP

17-19              Big step to left, drag right together (2 beats)  
&20              Step right, left

### TWIST HEELS & ¼ TURN RIGHT WITH KICK

21-22              Twist heels left, right  
23&24              Twist heels left, right, twist heels left with ¼ turn right, kick right

## ROLLING BACK VINE

25-28              Start right rolling vine backwards, touch left

### 2 SAILOR SHUFFLES FORWARD

&29&30              Shuffle left-right-left angle to left (use left quick kick to start)  
&31&32              Shuffle right-left-right angle to right (use right quick kick to start)

### LEFT KICK-BALL-CHANGE, STOMP, HOLD

33&34-35-36      Left kick ball change, stomp left forward, hold with a clap

## DO THAT AGAIN

37-44              Repeat steps &29-36, start using right this time

### STEP OUT, OUT, BUMP & BUMP

45-46              Step left out to left, step right out to right (feet should be slightly wider than shoulder width apart)  
47&48              Bump hips left-right-left

### BRING FEET TOGETHER, BOUNCE DOWN & UP, DOWN & UP

49&50              Bend knees & slightly bounce down & up (right hand on chest)

51&52 Repeat 49&50

### **RIGHT FORWARD & BOUNCE FORWARD & FORWARD & FORWARD & FORWARD**

53-56 Touch right forward and with weight on left move hips forward, back, forward, back, forward, back, forward

### **DO THAT AGAIN**

57-64 Repeat steps 49-56

### **STEP FORWARD, HOLD, ½ (HALF) TURN, HOLD**

65-68 Step right forward, hold, half turn left, hold

69-72 Repeat 65-68

### **FULL TURN RIGHT: ROCK, ROCK, HALF TURN, HALF TURN**

73-74 Rock side onto right, rock side onto left

75 Half turn right onto right

76 Half turn right onto left

### **ROCK, ROCK, STEP, STEP, (FULL TURN LEFT)**

77-78 Rock side onto right, rock side onto left

79-80 Cross right, step left (as you do a full turn to left)

### **HERE'S YOUR BIG CHORUS MOVES-"EVERYBOODDAY"**

#### **HOP, HOP, TOUCH SIDE, HOLD FOR 4 BEATS**

81-82 With feet together, hop to right side, hop to left side (arms go in opposite direction)

83-86 Touch right toe to side (shake shoulders while you hold for 4 beats)

#### **TOGETHER, SIDE, TOGETHER, CROSS**

&87 Bring left together with right, right to side

&88 Bring left together with right, step right behind left

#### **ROCK, ROCK, ROCK TOGETHER SIDE**

89-90 Rock side to right, to left

91&92 Shuffle side right-left-right (rocking motion, using arms same direction)

#### **ROCK, ROCK, ROCK TOGETHER SIDE**

93-94 Rock side to left, to right

95&96 Shuffle side, left-right-left

#### **BEHIND TOUCH, SLOW CROSS FRONT**

97-99 Touch right toe behind left, slowly slide it in a circular motion around to front & side of left, step on right

&100 And hop onto left, and onto right (shoulder width apart)

#### **SNAKE SHOULDERS RIGHT AND LEFT**

&101-102 Snake shoulders right

&103-104 Snake shoulders left

#### **FULL TURN LEFT WHILE DOING SIDE HITCH**

105& Touch right side & hitch ¼ turn left

106& Touch right side & hitch ¼ turn left

107& Touch right side & hitch ¼ turn left

108 Touch right to side

#### **OUT, HOLD, OUT, IN, IN**

109 Step right out to side  
110 Hold  
111 Step left out to side  
&112 Step right in, step left in (being ready to start over with the left bump)

**REPEAT**

**At 3rd wall omit steps 73-80 and continue from 81 to end of dance, and repeat 81 to end again!**

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