

# Body Rock

**COPPER KNOB**  
STEPPERS

拍數: 72      牆數: 2      級數: Intermediate  
編舞者: Rob Carlo (UK)  
音樂: I Like The Way You Move (Radio Edit) - The Bodyrockers



## WALK, WALK, KICK BACK, BACK, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2      Walk forward right left  
3&4      Kick right foot forward, step back on right, step back on left  
5&6      Right sailor step  
7&8      Left sailor step

## SIDE TOGETHER SIDE TOUCH, ROLLING VINE LEFT TOUCH

1-4      Step side right on right, close left to right, step side right, touch left beside right  
5-8      ¼ turn left on left, ½ turn left stepping back on right, ¼ turn left on left, touch right beside left

## BACK DRAG & CROSS POINT, TOUCH CROSS, SIDE, COASTER STEP

1-2      Big step back on right, drag left to right  
&3-4      Step onto left beside right, cross right over left, point left to left side  
5-6      Cross touch left over right, touch left to left side  
7&8      Left coaster step

## ROCK RECOVER ½ TURN SHUFFLE FULL TURN SWAY, SWAY

1-2      Rock forward on right, recover on left  
3&4      ½ turn shuffle over right shoulder on right-left-right  
5-6      ½ turn right stepping back on left, ½ turn right stepping forward on right  
7-8      Step side left as you away left, recover right as you sway right

## BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS, SIDE CROSS

1&2      Step left behind right, step side right, cross left over right  
3-4      Rock right side right, recover on left  
5&6      Step right behind left, step left side left, cross right over left  
7-8      Rock left side left, recover on right

## COASTER ¼ TURN, WALK, WALK, FORWARD SHUFFLE ½ TURN SHUFFLE

1&2      Step back on left, step right beside left, step forward on left as you ¼ turn left  
3-4      Walk forward on right, left  
5&6      Forward shuffle on right-left-right  
7&8      Shuffle ½ turn right on left-right-left

## BACK ROCK, FULL TURN, FORWARD SHUFFLE, STEP ¼ TURN

1-2      Rock back on right foot, recover left  
3-4      ½ turn left stepping back on right, ½ turn left stepping forward on left  
5&6      Forward shuffle on right-left-right  
7-8      Step forward on left pivot ¼ turn right

## CROSS POINT & TOUCH HITCH CROSS, STEP SIDE ¼ TURN, BODY ROCK

1-2      Cross left over right, point right side right  
&3&4      Step right beside left, touch left side left, hitch left, cross left over right  
5-6      Step right side right, ¼ turn left, (weight back on right foot)  
7      Push forward onto left foot dropping and pushing left shoulder forward  
8      Recover back onto right foot rolling left shoulder up and back

Easy option, just push forward on left, recover on right

**SLIDE BACK, BACK COASTER ¼ TURN, CROSS TOUCH, STEP, CROSS TOUCH, STEP**

1-2 Slide step back on left, slide step back on right

3&4 Step back on left, step right beside left, step forward on left as you ¼ turn left

5-6 Cross touch right over left, step right side right

7-8 Cross touch left over right, step left side left

**REPEAT**

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