

Rock Your Body

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Anne Herd (AUS) - April 2012
音樂: Rock Your Body (Radio Edit) - The Phonkers



Start dance on lyrics (16 counts in)

[1-8] PRISSY WALK, HOLD, PRISSY WALK, HOLD

1-2-3-4 Cross R over L, cross L over R, cross R over L, Hold

5-6-7-8 Cross L over R, cross R over L, cross L over R, Hold

(Easier option: walk forward stepping RLR Hold, LRL Hold)

[9-16] STEP HIP BUMPS RIGHT. STEP HIP BUMPS LEFT

1-2-3&4 Step R at a slight 45 degree angle while bumping hips R L, R L R

5-6-7&8 Step L at a slight 45 degree angle while bumping hips, L R, L R L

[17-24] ROCKING CHAIR, 1/8 LITTLE TURN, 1/8 LITTLE TURN

1-2-3-4 Rock forward on R, recover L, Rock back on R, recover L

5-6-7-8 Step forward on R, turn 45 degrees L take weight to L. Step forward on R turn 45 degrees L
(take weight to L)

[25-32] LEFT WEAVE POINT, RIGHT WEAVE POINT

1-2-3-4 Cross R over L, step L to side, cross R behind L, Point L to side

5-6-7-8 Cross L over R, Step R to side, Cross L behind R, Point R to side.

Repeat

TAG: On wall 11, dance to count 32 and add the following 4 count tag

ROCKING CHAIR

1-2-3-4 Rock forward on R, recover L. Rock back on R, recover L

NOTE: This is a boppy little song so feel free to add some funky moves, attitude and have fun.

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