

Rock Your Body

64 count, 4 wall, intermediate level

Choreographer: Francien Sittrop (NL), August 2011

Choreographed to: "Rock Your Body" by The Phonkers (Radio Edit)

Intro: Start after 16 Counts on Vocals

Section 1 Rock Recover, Prissy Walks, Shuffle fwd, Kick Ball Cross

- 1-2 Rock R back , Recover on L
- 3-4 Step R across L , Step L Across R
- 5&6 Step R fwd, Step L next to R, Step R fwd
- 7&8 Kick L fwd, Step L down, Step R across L

Section 2 1/4 L with Hip Bumps x2 , Sailor Step x2

- 1&2 1/4 L step L fwd an bump hips L,R,L (09.00)
- 3&4 1/4 L step R to R side and bump hips R,L,R (06.00)
- 5&6 Step L behind R, Step R to R side, Step L to L side
- 7&8 Step R behind L , Step L to L side, Step R to R side

Section 3 1/4 Turn L x2 , Behind Side Cross, Side Shuffle, Rock Recover

- 1-2 1/4 L step L fwd, 1/4 L step R to R side (12.00)
- 3&4 Step L behind R, Step R to R side, Step L across R
- 5&6 Step R to R side, Step L next to R, Step R to R side
- 7-8 Rock L back, Recover on R

Section 4 1/4 Turn L Out Out, Swivel 1/4 L, Step Back x2 , Swivel 1/4 R , Cross R Recover

- 1-2 1/4 L step L out, Step R out (09.00)
- 3-4 Swivel on Ball of both feet 1/4 Turn L, Step L back (06.00)
- 5-6 Step R back , Swivel on ball of both feet 1/4 Turn R (09.00)
- 7-8 Rock L across R, Recover on R

Section 5 Side Shuffle 1/4 L, Scuffs Fwd , Taps R, Kick Ball Point

- 1&2 Step L to L side, Step R next to L, 1/4 Turn L Step L fwd (06.00)
*** Restart occurs here***
- 3&4 Scuff R fwd , Scuff R back across L, Scuff R Diag R fwd
- 5&6 Tap R Diag R fwd x3 (weight ends on R)
- 7&8 Kick L fwd, Step L down., Touch R to R side

Section 6 Jazz Box 1/4 R x2

- 1-4 Step R across L, 1/4 Turn R step L back , Step R to R side, Step L fwd (09.00)
- 5-8 Step R across L, 1/4 Turn R step L back , Step R to R side, Step L fwd (12.00)

Section 7 Step Touch, Step Back & Heel, Hold, Taps Diag back (travelling back)

- 1-2 Step R fwd, Touch L next to R
- &3-4 Step L back, Touch R heel fwd, Hold
- 5&6 Tap R Diag back Facing Body to R (weight ends on R)
- 7&8 Tap L Diag back Facing Body To L(weight ends on L)

Section 8 Coaster Step , Shuffle fwd, Rock Recover , 1/2 Turn R, 1/4 Turn R

- 1&2 Step R back, Step L next to R, Step R fwd (12.00)
- 3&4 Step L fwd, Step R next to L, Step L fwd
- 5-6 Rock R fwd, Recover on L
- 7-8 1/2 Turn R step R fwd, 1/4 Turn R step L to L side (09.00)

Restart: *Wall 6 (facing 03.00 wall): After count 33-34 : 1&2 Shuffle 1/4 Turn L Add these steps:*

- 3-4 Touch R next to L , Hold

Quelle:

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