

Rock Your Body



Count: 64 Wall: 4 Level: Intermediate
Choreographer: Francien Sittrop (NL)
Music: Rock your body - The Phonkers (Radio Edit)

Intro: Start after 16 Counts on Vocals

[1 – 8] 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

[9-16] ¼ L with Hip Bumps x2 , Sailor Step x2

1 & 2 ¼ L step L fwd an bump hips L,R,L (09.00)
3 & 4 ¼ 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

[17-24] ¼ Turn L x2 , Behind Side Cross, Side Shuffle, Rock Recover

1 – 2 ¼ L step L fwd, ¼ 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

[25-32] ¼ Turn L Out Out, Swivel ¼ L, Step Back x2 , Swivel ¼ R , Cross R Recover

1 – 2 ¼ L step L out, Step R out (09.00)
3 – 4 Swivel on Ball of both feet ¼ Turn L, Step L back (06.00)
5 – 6 Step R back , Swivel on ball of both feet ¼ Turn R (09.00)
7 – 8 Rock L across R, Recover on R

[33-40] Side Shuffle ¼ L, Scuffs fwd , Taps R, Kick Ball Point

1 & 2 Step L to L side, Step R next to L, ¼ Turn L Step L fwd (06.00)
****R*****
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

[41-48] Jazz Box ¼ R x2

1 – 4 Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (09.00)
5 – 8 Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (12.00)

[49-56] 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)

[57-64] Coaster Step , Shuffle fwd, Rock Recover , ½ Turn R, ¼ 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 ½ Turn R step R fwd, ¼ Turn R step L to L side (09.00)

**** Restart wall 6 (Facing 03.00 Wall)

After count 33-34 : 1&2 Shuffle ¼ Turn L Add these steps :

3 - 4 Touch R next to L , Hold

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