

# 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

**Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**