

ROCK YOUR BODY

LINEDANCE.COM

Count: — **Wall:** — **Level:** —

Choreographer: Kathy K.

Music: Everybody (Backstreet's Back) by The Backstreet Boys

Sequence: ABAC ABAC D BCAA

PART A

RUNNING MAN/KICK-KICK/DOUBLE-KICK/ROCK STEPS/MONTEREY SPINS

- 1&** Step forward onto right foot, scoot back on ball of right foot
- 2&** Step forward onto left foot, scoot back on ball of left foot
- 3&** Step forward onto right foot, scoot back on ball of right foot
- 4&** Step forward onto left foot, scoot back on ball of left foot
- 5&6** Kick right foot forward-switch feet & kick left foot forward
- &7-8** Switch feet & kick right foot forward twice
- 9-10** Rock forward onto right foot, step in place with left foot
- 11-12** Rock back onto right foot, step in place with right foot
- 13&14** Kick right foot forward-switch feet & kick left foot forward
- &15-16** Switch feet & kick right foot forward twice

- 17&** Step back onto ball of right foot, scoot forward on ball of right foot
- 18&** Step back onto ball of left foot, scoot forward on ball of left foot
- 19&** Step back onto ball of right foot, scoot forward on ball of right foot
- 20&** Step back onto ball of left foot, scoot forward on ball of left foot
- 21-22** Rock forward onto right foot, step in place with left foot
- 23-24** Rock back onto right foot, step in place with right foot
- 25-26** Touch right toe to right side, spin on left foot- $\frac{1}{2}$ turn to right, stepping onto right foot
- 27-28** Touch left toe to left side, step onto left foot next to right
- 29-30** Touch right toe to right side, spin on left foot- $\frac{1}{2}$ turn to right, stepping onto right foot
- 31-32** Touch left toe to left side, step onto left foot next to right

PART B

SIDE TOE-SNAPS/SIDE-TOGETHER-SIDE-TOUCH/FORWARD TOE-SNAPS/ HIP ROLLS/WALK BACK/ROCK STEPS

- 1-2** Step to the right on right toe, snap down onto right heel
- 3-4** Step onto left toe across front of right foot, snap down onto left heel
- 5-6** Step to the right on right foot, step together with left foot
- 7-8** Step to the right on right foot, touch with left foot
- 9-10** Step to the left on left toe, snap down onto left heel
- 11-12** Step onto right toe across front of left foot, snap down onto right heel
- 13-14** Step to the left on left foot, step together with right foot
- 15-16** Step to the left on left foot, touch with right foot
- 17-18** Step forward onto right toe, snap down onto right heel
- 19-20** Step forward onto left toe, snap down onto left heel
- 21-24** Roll hips in a circular motion for 4 beats
- 25-28** Walk back 4 steps - (right-left-right-left)
- 29-30** Rock forward onto right foot, step in place with left foot
- 31-32** Rock back onto right foot, step in place with right foot

PART C

KICK-BALL-CHANGE/KICK-KICK/SHUFFLE WITH A TURN

- 1&2** Kick right foot forward, step quickly on ball of right foot and change weight to left foot
- 3&4** Kick right foot forward, step quickly on ball of right foot and change weight to left foot
- 5-6-7&8** Kick-kick forward with right foot, shuffle (right-left-right) making $\frac{1}{4}$ turn to the right
- 9&10** Kick left foot forward, step quickly on ball of left foot and change weight to right foot
- 11&12** Kick left foot forward, step quickly on ball of left foot and change weight to right foot
- 13-15&16** Kick-kick forward with left foot, shuffle-(left-right-left) making $\frac{3}{4}$ turn to the left

PART D

SYNCOATED CHASSE' RIGHT AND LEFT

- 1-2** Step right foot to right side, hold for one count

- &3** Bring left foot next to right, quickly stepping right foot to right side
- 4** Touch left foot next to right foot
- 5-6** Step left foot to left side, hold for one count
- &7** Bring right foot next to left, quickly stepping left foot to left side
- 8** Touch right foot next to left foot

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=36376