

# ROCK YA BODY (MIC CHECK 1,2)!

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**Count:** 64

**Wall:** 2

**Level:** Beginner/Intermediate level

**Choreographer:** Elke Weinberger AND Illona Klöckner

**Music:** Rock Ya Body (Mic Check 1,2) by Shagga Lee

**Note: Start dance after 32 counts (on verse) at time track 00:19. SYNCOPATED WEAVE WITH  $\frac{1}{4}$  LEFT TURN,  $\frac{1}{4}$  RIGHT TURN,  $\frac{1}{4}$  RIGHT TURN, SIDE CHASSE**

**1&2&** Cross right over left, step left to left, cross right behind left, execute  $\frac{1}{4}$  turn left and then step left forward

**3&4&** Cross right over left, step left to left, cross right behind left, step left to left

**5-6** Cross right over left, execute  $\frac{1}{4}$  turn right and then step left back

**7&8** Execute  $\frac{1}{4}$  turn right and then step right to right, step left beside right, step right to right

## **TAP BALL-SIDES, TOGETHER-BALL-SLIDES**

**9&10** Tap left toe beside right, step left beside right, step right to right

**11&12** Tap left toe beside right, step left beside right, step right to right

**13&14** Step left beside right, step right beside left, slide left to left

**15&16** Step right beside left, step left beside right, slide right to right.

**FRONT SAILOR,  $\frac{3}{4}$  RIGHT TURNING FRONT SAILOR,  $\frac{1}{4}$  RIGHT BALL-TURN,  $\frac{1}{4}$  RIGHT BALL-TURN, FORWARD LOCK STEPS**

**17&18** Cross left over right, rock right to right, recover weight onto left

**19&20** Cross right over left, execute  $\frac{1}{4}$  turn right and then step left back, execute another  $\frac{1}{2}$  turn right and then step right forward

**&21** Step left behind right, execute  $\frac{1}{4}$  turn right and then step right forward

**&22** Step left behind right, execute  $\frac{1}{4}$  turn right and then step right forward

**23&24** Step left forward, lock step right behind left, step left forward

## **FORWARD ROCK, RECOVER, FULL RIGHT TURN, COASTER STEP, SIDE CHASSE**

**25-26** Rock right forward, recover weight onto left

**27-28** Execute  $\frac{1}{2}$  turn right and then step right forward, execute another  $\frac{1}{2}$  turn right and then step left back

**29&30** Step right back, step left beside right, step right forward

**31&32** Step left to left, step right beside left, step left to left

### **FORWARD HIP PUSHES, CHECK STEPS, PIVOT ½ LEFT TURN, HIP PUSHES**

**33-34** Step right forward and then push right hip forward, quick recovery of weight onto left and then push right hip forward again

**35** Switch so that right steps back and left steps forward (you have to jump slightly to do this switch)

**36** Switch so that left steps back and right steps forward (you will have to jump slightly to do this switch)

**37** Pivot ½ turn left (weight remains on right)

**38-40** Put weight onto left and then push left hip forward, quick recovery of weight onto right and then push left hip forward again, quick recovery of weight onto right and then push left hip forward for the last time.

**For better styling, push forward with both hands (palms facing forward) towards front right diagonal on each count 33-34. Similarly, push forward towards front left diagonal on each count 38-40.**

### **½ LEFT SWEEP TURN, CROSS, MAMBO CROSSES, FORWARD ROCK, RECOVER, ½ LEFT TURN**

**41-42** Execute ½ turn left as you sweep right around, cross right over left

**43&44** Rock left to left, recover weight onto right, cross left over right

**45&46** Rock right to right, recover weight onto left, cross right over left

**47&48** Rock left forward, recover weight onto right, execute ½ turn left and then step left forward

### **FORWARD HIP PUSHES, CHECK STEPS, PIVOT ½ LEFT TURN, HIP PUSHES**

**49-50** Step right forward and then push right hip forward, quick recovery of weight onto left and then push right hip forward again

**51** Switch so that right steps back and left steps forward (you have to jump slightly to do this switch)

**52** Switch so that left steps back and right steps forward (you will have to jump slightly to do this switch)

**53** Pivot ½ turn left (weight remains on left)

**54-56** Put weight onto left and then push left hip forward, quick recovery of weight onto right and then push left hip forward again, quick recovery of weight onto right and then push left hip forward for the last time.

**For better styling, push forward with both hands (palms facing forward) towards front right diagonal on each count 49-50. Similarly, push forward towards front left diagonal on each count 54-56.**

**½ LEFT SWEEP TURN, CROSS, MAMBO CROSSES, FORWARD ROCK, RECOVER, ½ LEFT TURN**

**57-58** Execute ½ turn left as you sweep right around, cross right over left

**59&60** Rock left to left, recover weight onto right, cross left over right

**61&62** Rock right to right, recover weight onto left, cross right over left

**63&64 Rock left forward, recover weight onto right, execute ½ turn left and then step left forward REPEAT**

**8-COUNTS TAG Before starting the 1st rotation, add in the below 8-counts tag facing 12 O? Clock. SAILOR STEP, CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR STEP**

**1&2** Step left behind right, step right to right, step left to left

**3&4** Cross right over left, step left to left, cross right over left

**5-6** Rock left to left, recover weight onto right

**7&8** Step left behind right, step right to right, step left to left

**RESTART On the 3rd rotation, dance till the 32nd count and restart dance (i.e. 4th rotation) from count 1 facing 6 O? Clock.**

**ENDING After the 5th rotation, you will be facing 6 O? Clock. Repeat counts 49-64 to face 12 O? Clock. Step right forward and pose with your coolest pose!**