

# Rock Your Body

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**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 & 2¼ L step L fwd an bump hips L,R,L (09.00)**

**3 & 4¼ 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 - 2¼ 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 - 2¼ 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 - 8½ 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)**