



ROCK YOUR BODY

Choreographed by: Francien Sittrop
64 Count, 4 Wall, Intermediate level line dance
Music: Rock Your Body (Radio Edit) by The Phonkers
Contact Info: franciensittrop56@versatel.nl



[Scan/Click for Video](#)

Intro: Start after 16 Counts on Vocals

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

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

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

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

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

Jazz Box ¼ R x2

- 1 - 2 Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (09.00)
- 3 - 4 Step R across L, ¼ Turn R step L back , Step R to R side, Step L fwd (12.00)

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)

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 (03.00)

End Of Dance

*** **RESTART:** Wall 6 (Facing 09.00 Wall), After count 33 to 34:

- 1 & 2 Shuffle ¼ Turn L. Add these steps:
- 3 - 4 Touch R next to L, Hold

START AGAIN

(Originally taught by Elysium Dance Designs January 2012)

