



10.9.2011

## Rock Your Body

**Type:** 64 counts, 4 wall  
**Level:** intermediate  
**Choreographed:** Francien Sittrop (NL) Aug 2011  
**Music:** Rock Your Body by The Phonkers (Radio Edit)  
**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 – 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)

### 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 (09.00)

**\*\*\*\* Restart wall 6 (Facing 09.00 Wall)**

After count 33-34 : 1&2 Shuffle ¼ Turn L .....

Add these steps: 3 – 4 Touch R next to L , Hold