



# Rock Your Body

**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 & 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

**[17-24] 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

**[25-32] 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

**[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 . 8 ½ 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)