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Rock & Move

32 Count, 2 Wall, Beginner
Choreographer: Susanne Houmøller (DK)
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Choreographed to: Rock Your Body by The Phonkers

Intro: 16 counts.

1 – 8	**Rock Recover, Prissy Walks, R shuffle fwd, L shuffle fwd**
1-2	Rock R back, Recover on L 1200
3-4	Step R across L, Step L across R 1200
5&6	Step R fwd, Step L next To R, Step R fwd 1200
7&8	Step L fwd, Step R next To L, Step L fwd 1200

9 – 16	**Bump Hips R,L,R,L Back touch, back touch**
1-4	Step right fwd and bump hips R,L, R, L 1200
5-6	Step R back, Touch L next to R, 1200
7-8	Step L back, touch R next to L 1200

17 – 24	**Rock Recover, R shuffle fwd, Step 1/2 , L shuffle fwd**
1–2	Rock R back, Recover on L 1200
3&4	Step R fwd, Step L next to R, Step R fwd 1200
5–6	Step fwd on L, turn ½ R stepping on to R 0600
7&8	Step L fwd, step R next to L, Step L fwd 0600

25 – 32	**Step Out, Out, In, In, Out, Out, In, Slightly back**
1-2	Step R diagonal fwd, step L diagonal fwd. 0600
3-4	Step R back to center, step L back to center 0600
5-6	Repeat section 25- 26 0600
7-8	Step R back to center, step L back 0600

TAG:	4 count Tag after wall 11, facing 0600
1-4	Step Out, Out. Touch R next to L, hold.
	The music “tells” you that something is going to happen.