

## **Rock My Body**



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall Improver Level Dance.
Choreographed by: Nathan Gardiner (UK) Nov 2023
Choreographed to: Rock My Body by R3HAB, INNA & Sash
Intro: 40 Counts. Start at approx 19 secs.

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<b>SEC 1</b> 1-2 3-4 5&6 7-8	OUT, OUT, ROCK BACK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER  Step R forward on R diagonal, Step L forward on L diagonal  Rock back on R, Recover on L  Step forward on R, Step L next to R, Step forward on R  Rock forward on L, Recover on R
<b>SEC 2</b> 1&2 3-4 5-6 7-8	SHUFFLE ½, STEP PIVOT ¼, CROSS, SIDE, BEHIND, SIDE  ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L (6:00)  Step forward on R, Pivot ¼ L  Cross R over L, Step L to L side  Step R behind L, Step L to L side
Restart	Here on wall 3 change count 16 to Side L to $\frac{1}{4}$ L stepping forward on L
<b>SEC 3</b> 1-2 3&4 5-6 7&8	CROSS ROCK, RECOVER, CHASSE, CROSS, SIDE, SAILOR ¼  Cross rock R over L, Recover on L  Step R to R side, Step L next to R, Step R to R side  Cross L over R, Step R to R side  Step L behind R, ¼ L stepping R next to L, Step forward on L (3:00)
<b>SEC 4</b> 1&2 3&4 5-6 7-8	TOUCH WITH HIP BUMPS, TOUCH WITH HIPS BUMPS, STEP PIVOT ¼, STEP PIVOT ¼  Touch R toes forward bumping R hip forward, Bump R hip back, Bump R hip forward (weight ends on R)  Touch L toes forward bumping L hip forward, Bump L hip back, Bump L hip forward (weight ends on L)  Step forward on R, Pivot ¼ L (12:00)  Step forward on R, Pivot ¼ L (9:00)

