

Rock My Body

Count: 32

Wall: 4

Level: High Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) August 2023

Music : Rock My Body by R3HAB, INNA, Sash!- Available on Spotify/Apple Music/Deezer

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Intro: 16 counts)

[S1] Shuffle Fwd, 1/4L Shuffle Fwd, Side Shuffle, 1/4L Side Shuffle

1&2 Shuffle forward on R-L-R

3&4 Making a ¼ turn left shuffle forward on L-R-L (9:00)

5&6 Side shuffle to the right on R-L-R

7&8 Make a ¼ turn left on ball of R foot- side shuffle to the left on L-R-L (6:00)

[S2] Kick-Ball-Step, Side Mambo Turn 1/4R-Run-Run, Side Mambo Turn 1/4L-Step-Pivot 1/4L

1&2 Kick forward on R, Ball step R beside L, Step forward on L

3&4 Rock R to the side, Replace weight on L making a ¼ turn right (9:00), Step R next to L

&5 Step forward on L, Step forward on R

6&7 Rock L to the side, Replace weight on L making a ¼ turn left (6:00), Step L next to R

&8 Step forward on R, Make a ¼ turn left recover weight on L (3:00)

- Restart here on Wall 4 (12:00)

[S3] Cross, Side, Sailor 1/4R into Step-Lock-Step, Paddle Turn, Step-Lock-Step (Rock)-

1 2 Cross R over L, Step L to the side

3&4 Step R behind L, Make a ¼ turn right stepping L beside R, Step forward on R

&5 Lock L behind R, Step forward on R

6& Step forward on L, Make a ¼ turn right recover weight on R (9:00)

7&8 Step forward on L, Lock R behind L, Step(rock) forward on L-

[S4] -Recover-1/2L, Fwd Mambo, Knee Bounce Turn

1 2 -Replace/push back weight on R, Make a ½ turn left stepping forward on L (3:00)

3&4 Rock forward on R, Replace weight on L, Step R next to L

- Count 5 to 8 making a full turn right, bouncing on the spot

5&6& Step down on L making a ¼ turn right hitch R knee (6:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (9:00), Ball step R in place

7&8 Step down on L making a ¼ turn right hitch R knee (12:00), Ball step R in place, Step down on L making a ¼ turn right hitch R knee (3:00)

Restart on Wall 4 count 16 (12:00)

Ending Suggestion: Start the last wall facing 12:00. Dance towards the end and replace the last 4 counts or 7 steps with a '3/4 R (not full turn) knee bounce turn' (12:00).

(updated: 15/July/23)