

Steppin'
off the
Page

Rock Your Body

Script
approved by

ShaBeDa



ShaBeDa

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 5 - 6 & 7 8	Rock & Hitch, Sailor 1/2 Turn Right, Forward Rock, 1/2 Turn & Point. Rock right to right side. Rock onto left in place. Hitch right knee out to right side, bringing right heel next to left knee. Cross right behind left. Make 1/2 turn right stepping left beside right. Step right to right side. Rock forward on left. Rock back on right. Make 1/2 turn left stepping left beside right. Step right beside left. Point left to left side.	Rock & Hitch Behind Turn Step Forward Rock Turn Step Point	Right On the spot Turning right Forward Turning left
Section 2 & 1 - 2 3 - 4 5 - 6 7 - 8	Ball Cross Kick, Behind, Point, Cross, Point, Cross, Point. Step left beside right. Cross right over left. Kick left to left side. Cross left behind right. Point right to right side. Cross right over left. Point left to left side. Cross left over right. Point right to right side.	& Cross Kick Behind Point Cross Point Cross Point	Left Right Left Right
Section 3 1 & 2 3 & 4 5 - 6 7 & 8	Reverse 3/4 Turn Right & Cross, Touch, Knee Pops, Hip Bumps. Sweep right behind left making 3/4 turn right and step right beside left. Step left beside right. Cross right over left. Touch left toe to left side popping left knee to left. Pop left knee towards right. Pop left knee out to left. Bump hips forward (over left foot). Bump hips back (weight on right). Bump hips - Forward, Back, Forward (weight on left). When bumping forward shoulders go back, when bumping back shoulders push forward.	Turn & Cross Knee In Out Bump Bump Bump & Bump	Turning right Left On the spot
Section 4 1 & 2 3 & 4 5 & 6 7 & 8	Kick & Point x 2, Sailor Step, Sailor 1/4 Turn Kick right forward. Step right beside left. Point left to left side. Kick left forward. Step left beside right. Point right to right side. Cross right behind left. Step left to left side. Step right to right side. Cross left behind right. Step right 1/4 turn left. Step left beside right.	Kick & Point Kick & Point Sailor Step Sailor Turn	On the spot Turning left
Section 5 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8	Jumps with 1/4 Turn, Flick Touch, Heel Twists, Hitch, Back, Step. Jump forward stepping - Right, Left, shoulder width apart. Jump back stepping Right, Left, feet together. Make 1/4 turn left jumping forward - Right, Left, shoulder width. Jump back stepping Right, Left, feet together. Flick right heel to right side. Touch right toe forward, heel in. Twist right heel out. Twist right heel in. Hitch right knee. Step back right. Step left beside right. Step forward right.	& Forward & Back & Turn & Back Flick Touch Heel Twist Hitch Back & Step	Forward Back Turning left Back On the spot Back Forward
Section 6 1 - 2 3 & 4 Option & 5 - 6 7 & 8	Step, Touch, Side Shrugs, Ball Step, 1/2 Pivot Left, Scuff, Hitch 1/2 Turn. Step forward left. Touch right toe beside left. Step right long step to right side. Drag left in to touch beside right. During steps 3 & 4 shrug shoulders up and down 3 times. Step left beside right. Step forward right. Pivot 1/2 turn left. Scuff right forward. Hitch right knee making 1/2 turn left. Touch right beside left.	Step Touch Side Drag & Step Pivot Scuff Hitch Turn	Forward Right Turning left On the spot Turning left
Section 7 1 & 2 3 & 4 5 & 6 & 7 & 8	Diagonal taps and Cross Steps, Touch & Heel & Touch & Heel. Tap right toe across left. Tap right toe further to left. Cross step right across left (angle body left) Tap left toe across right. Tap left toe further to right. Cross step left across right (angle body right). Touch right toe beside left. Step slightly back right. Touch left heel forward. Step left beside right. Touch right toe beside left. Step slightly back on right. Touch left heel forward.	Tap Tap Cross Tap Tap Cross Touch & Heel & Touch & Heel	Left Right On the spot
Section 8 & 1 - 2 3 - 4 5 - 6 & 7 & 8	& Cross Point, 1/2 Monterey, Point, 3/4 Monterey, Point, Heel Lift. Step left beside right. Cross right over left. Point left to left side. Make 1/2 turn left stepping left beside right. Point right to right side. Make 3/4 turn right stepping right beside left. Point left to left side. Step forward on left. Step right beside left. Pop both knees forward raising heels. Drop heels	& Cross Point Turn Point Turn Point Left Right Knee Pop	Left Turning left Turning right Forward On the spot

INTERMEDIATE/ADVANCED

2 Wall Line Dance:- 64 Counts. Intermediate/Advanced.

Choreographed by:- ShaBeDa (Shaz Walton, Ben Martin, Dawn Sherlock) Feb 2003.

Choreographed to:- 'Rock Your Body' by Justin Timberlake (16 count intro) from 'Justified' CD.

Music Suggestion:- 'Dirty Pop' by N-Sync.