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Rock Your Body

32 Count, 4 Wall, Improver

Choreographer: Anne Herd (Aus) April 2012

Choreographed to: Rock Your Body (Radio Edit) by
The Phonkers

Start dance on lyrics (16 counts in)

1-8 PRISSY WALK, HOLD, PRISSY WALK, HOLD

1-2-3-4 Cross R over L, cross L over R, cross R over L, Hold

5-6-7-8 Cross L over R, cross R over L, cross L over R, Hold
(Easier option: walk forward stepping RLR Hold, LRL Hold)

9-16 STEP HIP BUMPS RIGHT. STEP HIP BUMPS LEFT

1-2-3&4 Step R at a slight 45 degree angle while bumping hips R L, R L R

5-6-7&8 Step L at a slight 45 degree angle while bumping hips, L R, L R L

17-24 ROCKING CHAIR, 1/8 LITTLE TURN, 1/8 LITTLE TURN

1-2-3-4 Rock forward on R, recover L, Rock back on R, recover L

5-6-7-8 Step forward on R, turn 45 degrees L take weight to L.

Step forward on R turn 45 degrees L (take weight to L)

25-32 LEFT WEAVE POINT, RIGHT WEAVE POINT

1-2-3-4 Cross R over L, step L to side, cross R behind L, Point L to side

5-6-7-8 Cross L over R, Step R to side, Cross L behind R, Point R to side.

TAG: On wall 11, dance to count 32 and add the following 4 count tag
ROCKING CHAIR

1-2-3-4 Rock forward on R, recover L. Rock back on R, recover L

NOTE: This is a boppy little song so feel free to add some funky moves, attitude and have fun.