

Rock Your Body

Count: 0

Wand: 0

Ebene:

Choreograf/in: Kathy Kazmarek

Musik: Everybody (Backstreet's Back) - Backstreet Boys



Sequence: ABAC ABAC D BCAA

PART A

RUNNING MAN/KICK-KICK/DOUBLE-KICK/ROCK STEPS/MONTEREY SPINS

- | | |
|--------|--|
| 1& | Step forward onto right foot, scoot back on ball of right foot |
| 2& | Step forward onto left foot, scoot back on ball of left foot |
| 3& | Step forward onto right foot, scoot back on ball of right foot |
| 4& | Step forward onto left foot, scoot back on ball of left foot |
| 5&6 | Kick right foot forward-switch feet & kick left foot forward |
| &7-8 | Switch feet & kick right foot forward twice |
| 9-10 | Rock forward onto right foot, step in place with left foot |
| 11-12 | Rock back onto right foot, step in place with right foot |
| 13&14 | Kick right foot forward-switch feet & kick left foot forward |
| &15-16 | Switch feet & kick right foot forward twice |
| | |
| 17& | Step back onto ball of right foot, scoot forward on ball of right foot |
| 18& | Step back onto ball of left foot, scoot forward on ball of left foot |
| 19& | Step back onto ball of right foot, scoot forward on ball of right foot |
| 20& | Step back onto ball of left foot, scoot forward on ball of left foot |
| 21-22 | Rock forward onto right foot, step in place with left foot |
| 23-24 | Rock back onto right foot, step in place with right foot |
| 25-26 | Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot |
| 27-28 | Touch left toe to left side, step onto left foot next to right |
| 29-30 | Touch right toe to right side, spin on left foot-½ turn to right, stepping onto right foot |
| 31-32 | Touch left toe to left side, step onto left foot next to right |

PART B

SIDE TOE-SNAPS/SIDE-TOGETHER-SIDE-TOUCH/FORWARD TOE-SNAPS/ HIP ROLLS/WALK BACK/ROCK STEPS

- | | |
|-------|--|
| 1-2 | Step to the right on right toe, snap down onto right heel |
| 3-4 | Step onto left toe across front of right foot, snap down onto left heel |
| 5-6 | Step to the right on right foot, step together with left foot |
| 7-8 | Step to the right on right foot, touch with left foot |
| 9-10 | Step to the left on left toe, snap down onto left heel |
| 11-12 | Step onto right toe across front of left foot, snap down onto right heel |
| 13-14 | Step to the left on left foot, step together with right foot |
| 15-16 | Step to the left on left foot, touch with right foot |
| 17-18 | Step forward onto right toe, snap down onto right heel |
| 19-20 | Step forward onto left toe, snap down onto left heel |
| 21-24 | Roll hips in a circular motion for 4 beats |
| 25-28 | Walk back 4 steps - (right-left-right-left) |
| 29-30 | Rock forward onto right foot, step in place with left foot |
| 31-32 | Rock back onto right foot, step in place with right foot |

PART C

KICK-BALL-CHANGE/KICK-KICK/SHUFFLE WITH A TURN

1&2	Kick right foot forward, step quickly on ball of right foot and change weight to left foot
3&4	Kick right foot forward, step quickly on ball of right foot and change weight to left foot
5-6-7&8	Kick-kick forward with right foot, shuffle (right-left-right) making $\frac{1}{4}$ turn to the right
9&10	Kick left foot forward, step quickly on ball of left foot and change weight to right foot
11&12	Kick left foot forward, step quickly on ball of left foot and change weight to right foot
13-15&16	Kick-kick forward with left foot, shuffle-(left-right-left) making $\frac{3}{4}$ turn to the left

PART D

SYNCOPATED CHASSE' RIGHT AND LEFT

1-2	Step right foot to right side, hold for one count
&3	Bring left foot next to right, quickly stepping right foot to right side
4	Touch left foot next to right foot
5-6	Step left foot to left side, hold for one count
&7	Bring right foot next to left, quickly stepping left foot to left side
8	Touch right foot next to left foot
