

# Move Your Body

**COPPER** KNOB  
BY THE PHONKERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Francien Sittrop (NL)

Music: Rock Your Body (Radio Edit) - The Phonkers



**Intro: Start after 16 Counts on Vocals**

**[1 – 8] Rock Recover, Prissy Walks, Shuffle fwd, Kick Ball Step**

- 1 – 2            Rock R back , Recover on L
- 3 – 4            Step R across L , Step L Across R
- 5 & 6           Step R fwd, Step L next to R, Step R fwd
- 7 & 8            Kick L fwd, Step L down, Step R fwd

**[9-16] Hip Bump fwd x2 , Step fwd Touch , Step Back Touch**

- 1 & 2            Step L fwd an bump hips L,R,L
- 3 & 4            Step R fwd and bump hips R,L,R
- 5 - 6            Step L fwd, Touch R next to L
- 7 - 8            Step R back, Touch L next to R

**[17-24] ¼ Turn L Side Shuffle, Rock Recover, Taps R & L**

- 1 & 2            ¼ L step L to L side, Step R next to L, Step L to L side (09.00)
- 3 – 4            Rock R back, Recover on L
- 5 & 6            Tap R fwd x2, Step R down
- 7 & 8            Tap L fwd, x2, Step L down

**[25-32] Step fwd, Heel Swivel , Hitch, Shuffle back x2**

- 1 – 2            Step R fwd, Swivel Both Heels R
- 3 – 4            Swivel Both Heels to Centre , Hitch R
- 5 & 6            Step R back , Step L next to R, Step R back
- 7 & 8            Step L back, Step R next to L , Step L back (09.00)

**Start Again**

**\*\*\*\* Restart wall 12**

**Count 1 – 2 : Rock R back, Recover on L**

**Add these counts 3 – 4 Touch R next to L, Hold**

**Start Again with count 1**

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