

# Body Rock

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Unknown

**Music:** September - Justin Timberlake, Anna Kendrick & Earth, Wind & Fire

or: Uptown Funk (feat. Bruno Mars) - Mark Ronson



**Intro: 24 counts; start on lyrics.**

**[1-8] R side touches, L side touches, Sweep x4**

- 1-2 Touch R toe to R side twice
- 3-4 Touch L toe to L side twice
- 5-8 Sweep RF back, Sweep LF back, Sweep RF back, Sweep LF back

**[9-16] Heel + Clap x2, Heel switches x2/side**

- 1-2 R Heel fwd, Clap
- 3-4 L Heel fwd, Clap
- 5&6& R Heel fwd, back to neutral, L Heel fwd, back to neutral
- 7&8& R Heel fwd, back to neutral, L Heel fwd, back to neutral

**[17-24] Dip, Step, Dip, ¼ Turn R + LF Point + Cross, RF Point + Cross, Unwind ½ Turn L**

- 1-2 Step RF fwd (bend RF knee to add "dip" effect), step LF fwd [12:00]
- 3-4 Step RF fwd (bend RF knee to add "dip" effect), ¼ Turn to R [3:00] and Point LF to L side [3:00]
- 5-6 Cross LF over R, Point RF to R side [3:00]
- 7-8 Cross RF over LF, Unwind with ½ Turn over L shoulder [end at 9:00]

**[25-32] Step-Shake x2, Walk RL x4**

- 1-2 Step RF fwd, Shake hips
- 3-4 Step LF fwd, Shake hips
- 5-6 Step RF fwd, Step LF fwd
- 7-8 Step RF fwd, Step LF fwd [9:00]

**\*Optional alternative for last 2 counts of 4th 8 count:**

- 5,6,7 Step RF fwd, Step LF fwd, Step RF next to LF
- &8 Twist Heels out to either side (weight on balls of feet/toes), return feet to neutral

**Start dance again from the top on new wall.**

**No Tags, no restarts.**

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