

Rock My Body

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Novice

Choreographer: Kim Duck Hwa (KOR) - June 2025

Music: Rock My Body - R3HAB, Inna & Sash!



Intro : After Vocal 32count

Section 1 Back Rock. Full turn. Side. Hold. Together. Side. touch

- 1-2 RF Back Rock, LF recover
- 3-4 1/2 left RF Back step, 1/2 left LF Fwd step
- 5-6 RF Side step, Hold
- &7-8 LF step beside RF, RF Side step, LF touch beside RF

Section 2 Rolling vine shuffle. Syncopated Jazz box. 1/4 Back (9:00)

- 1-2 1/4 left LF Fwd step, 1/2 left RF Back step
- 3&4 1/4 left LF Side step, RF step beside LF, LF Side step
- 5-6& RF Cross step, LF Back step, RF Side step
- 7-8 LF Fwd step, 1/4 left RF Back step (9:00)

Restart after 3wall 16count, Step change (6:00)

- 7-8 LF Fwd Big step while RF Drag, RF touch beside LF

Section 3 Side. Cross. Side. Behind. 1/4 Fwd(6:00). Fwd. 1/4 Side(3:00). Cross. Side. 1/8 Beside touch(4:30).

- 1-2& LF Side step, RF Cross step, LF Side step
- 3-4 RF Behind, 1/4 left LF Fwd step(6:00),
- 5-6 RF Fwd step, 1/4 left LF Side step(3:00)
- 7&8 RF Cross step, LF Side step, 1/8 turn right RF touch beside LF(4:30)

Section 4 Kick Ball Fwd. Fwd Rock. 1/8 Back step with Knee Pop×2(6:00). 1/4 little Side step with Knee Pop (9:00). Knee Pop

- 1&2 RF Fwd Kick, RF step beside LF, LF Fwd step
- 3-4 RF Fwd Rock, LF recover
- 5-6 1/8 turn right RF Back step while LF Knee pop, LF Back step while RF Knee pop (6:00),
- 7-8 1/4 turn right RF little Side step while LF Knee pop(9:00), LF step beside RF with RF Knee Pop

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