

# Rock Your Body

**COPPER KNOB**  
STEPSHEETS

Count: 0

Wall: 0

Level:

Choreographer: Kathy Kazmarek

Music: 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

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