# Rock Your Body

Level: Upper Beginner

Choreographer: Anne Herd (AUS) - April 2012

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

Start dance on lyrics (16 counts in)

**Count: 32** 

## [1-8] PRISSY WALK, HOLD, PRISSY WALK, HOLD

Cross R over L, cross L over R, cross R over L, Hold 1-2-3-4 5-6-7-8 Cross L over R, cross R over L, cross L over R, Hold (Easier option: walk forward stepping RLR Hold, LRL Hold)

## [9-16] STEP HIP BUMPS RIGHT. STEP HIP BUMPS LEFT

- 1-2-3&4 Step R at a slight 45 degree angle while bumping hips R L, R L R
- 5-6-7&8 Step L at a slight 45 degree angle while bumping hips, L R, L R L

### [17-24] ROCKING CHAIR, 1/8 LITTLE TURN, 1/8 LITTLE TURN

- Rock forward on R, recover L, Rock back on R, recover L 1-2-3-4
- 5-6-7-8 Step forward on R, turn 45 degrees L take weight to L. Step forward on R turn 45 degrees L (take weight to L)

### [25-32] LEFT WEAVE POINT, RIGHT WEAVE POINT

- Cross R over L, step L to side, cross R behind L, Point L to side 1-2-3-4
- Cross L over R, Step R to side, Cross L behind R, Point R to side. 5-6-7-8

#### Repeat

### TAG: On wall 11, dance to count 32 and add the following 4 count tag

**ROCKING CHAIR** 

1-2-3-4 Rock forward on R, recover L. Rock back on R, recover L

NOTE: This is a boppy little song so feel free to add some funky moves, attitude and have fun.

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Wall: 4