

# Rock My Body

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Nathan Gardiner (SCO) - November 2023  
音樂: Rock My Body - R3HAB, Inna & Sash!



Intro: 40 counts

## Out, Out, Rock Back, Recover, Shuffle Forward, Rock Forward, Recover

1-2      Step R forward on R diagonal, Step L forward on L diagonal  
3-4      Rock back on R, Recover on L  
5&6      Step forward on R, Step L next to R, Step forward on R  
7-8      Rock forward on L, Recover on R

## Shuffle ½ L, Step Pivot ¼ L, Cross, Side L, Behind, Side L

1&2      ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L  
3-4      Step forward on R, Pivot ¼ L  
5-6      Cross R over L, Step L to L side  
7-8      Step R behind L, Step L to L side

## Cross Rock, Recover, Chasse R, Cross, Side R, Sailor ¼ L

1-2      Cross rock R over L, Recover on L  
3&4      Step R to R side, Step L next to R, Step R to R side  
5-6      Cross L over R, Step R to R side  
7&8      Step L behind R, ¼ L stepping R next to L, Step forward on L

## Touch with Hip Bumps, Touch with Hips Bumps, Step Pivot ¼ L, Step Pivot ¼ L

1&2      Touch R toes forward bumping R hip forward, Bump R hip back, Bump R hip forward (weight ends on R)  
3&4      Touch L toes forward bumping L hip forward, Bump L hip back, Bump L hip forward (weight ends on L)  
5-6      Step forward on R, Pivot ¼ L  
7-8      Step forward on R, Pivot ¼ L

**Restart: On wall 3 after 16 counts with step change. On count 16 change Side L to ¼ L stepping forward on L then restart the dance**

Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)