

Rock That Body

Choreographed by: Will Craig & Ryan Lindsey

64 count, 2 wall Advanced hip hop line dance

2 Restarts

Music: Rock that Body by: Black Eyed Peas

1-8 Hand Flicks, Left Touch, Ball Step, Arm Rolls, Behind Side Cross Step

&1 &2 Hands are at waist flick both hands out for count &, Bring both hand back in for count 1

Touch left foot to left side, Bring left foot back to right keeping weight on the right foot

&3 &4 Put the weight onto the left foot for count &, Step right foot to right while throwing both arms down and to the right side, Bring arms up in a rolling motion bringing right arm over left for &, Continue rolling arms bringing right arm behind and under left for count 4 (weight should be on left foot)

5 &6 Throw both arms down to the right side, Step right foot behind left , Step left foot to the left side

7 8 Cross right foot over left , Step left foot to left side

9-16 Step Cross & Cross, $\frac{3}{4}$ Turn, Back Step Bounces X4 With $\frac{1}{4}$ Turn

1 2& Step right foot to right side, Cross left foot over right, Step right foot to right side

3 4 Cross left foot over right, Unwind $\frac{3}{4}$ turn over your right shoulder (weight should be on left foot)

&5 &6 Bounce on left foot for &, step back on right foot for 5(have your body facing 10:30), Bounce on right foot for &, step back on left foot for 6 (turn body to be facing 7:30)

&7 &8 Bounce on left foot for &, step back on right foot for 7 while making a $\frac{3}{8}$ turn to the right (should be facing 12 o clock feet should be apart) , Jump feet together for count &, then jump feet back apart for count 8

17-24 Step Behind, $\frac{1}{2}$ Turn Hold, Step Behind And Cross, Slide

1 2 Step left foot to left side, Step right foot behind left foot

&3 4 Step left foot left side, Step right foot to right side while making a $\frac{1}{2}$ turn over your left shoulder, Hold for count 4

5 &6 Step left foot to left side, Cross right foot behind left, Step left foot to left side,

7 8 Step right foot cross left, Slide to the left while dragging right foot

25-32 Touch Behind With Right Foot, $\frac{1}{4}$ Turn Left, Coaster Step, Full Turn

1 2 Touch right foot behind left, Step back on right foot while making a $\frac{1}{4}$ turn to the left

3&4 Step back on the left foot, Bring right foot to left, Step forward on the left foot

5 6 Step right foot forward, Making a $\frac{1}{2}$ turn to the left (keeping the weight on the right foot)

7 8 Step left foot back, Make a $\frac{1}{2}$ turn to the left (keeping the weight on the left foot)

33-40 Rock Step, Coaster Step, Scuff, Step Out Out, Body Roll

1 2 Rock forward on right foot, Recover on left

3&4 Step back on the right foot, Bring left foot to right, Step forward on the right foot

5&6 Scuff left, Step left to left side, Step right to right side

7 8 Body roll from head rolling down

41-48 Pop knees, 1/4 Turn With Forward Sweep, Jazz Box

1 2 Pop right knee in, Pop right knee out while keeping weight on right foot

3 4 ¼ turn to right while sweeping your left foot from back to front

5 6 Cross left foot over right foot, Step back on right foot

7 8 Step left foot to left side, Touch right toe to left foot

49-56 Heel Swivels X2, Coaster Step, Skate, Skate

1& 2 Right heel forward, Keeping weight on the right heel and left toe swivel right toe to the right left heel to the left, Bring right toe back to center and left heel back to center (bring arms up keep the straight while swiveling)

3& 4 Left heel forward, Keeping weight on the left heel and right toe swivel left toe to the left right heel to the right, Bring left toe back to center and right heel back to center (bring arms up keep the straight while swiveling)

5&6 Step back on the left foot, Bring right foot to left, Step forward on the left foot

7 8 Skate right foot to right side, Skate left foot to left side

57-64 Cross Touch, Cross Touch, Run Backs X3 , Step Forward, Then Step Together

1 2 Cross right foot over left foot, Touch left foot to left side

3 4 Cross left foot over right foot, Touch right foot to right side while leaving weight on left foot (styling for this cross touches we want you to bounce on every beat for 1 2 3 and 4)

5&6 Run back step Right, Left, Right

7 8 Step left foot forward, Step right foot together

HAVE FUN AND START DANCE AGAIN!!!!

*****RESTARTS:**

The first restart is on wall 3 after 48 counts you will be facing the back wall to restart the dance

The Second restart is on wall 5 after 48 counts you will be facing the back wall to restart the dance