

Rock & Move

Choreographer: Susanne Houmøller (DK)

Type of dance: 32 count, 2 walls, linedance

Level: Beginner

Music: Rock Your Body by The Phonkers

Intro: 16 counts. Weight on L

1 Tag

1 - 8	Rock Recover, Prissy Walks, R Shuffle Forward, L Shuffle Forward	
1 - 2	Rock R back, Recover on L	1200
3 - 4	Step R across L, Step L across R	1200
5 & 6	Step R fwd, Step L next To R, Step R fwd	1200
7 & 8	Step L fwd, Step R next To L, Step L fwd	1200
9 - 16	Bump Hips R,L,R,L Back Touch, Back Touch	
1 - 4	Step right fwd and bump hips R,L, R, L	1200
5 - 6	Step R back, Touch L next to R,	1200
7 - 8	Step L back, touch R next to L	1200
17 - 24	Rock Recover, R Shuffle Forward, Step 1/2 , L Shuffle Forward	
1 - 2	Rock R back, Recover on L	1200
3 & 4	Step R fwd, Step L next to R, Step R fwd	1200
5 - 6	Step fwd on L, turn ½ R stepping on to R	0600
7 & 8	Step L fwd, step R next to L, Step L fwd	0600
25 - 32	Step Out, Out, In, In, Out, Out, In, Slightly Back	
1 - 2	Step R diagonal fwd, step L diagonal fwd.	0600
3 - 4	Step R back to center, step L back to center	0600
5 - 6	Repeat section 25- 26	0600
7 - 8	Step R back to center, step L back	0600
	REPEAT	
TAG	After Wall 11 The music "tells" you that something is going to happen.	
1 2	Step out R, Step out L	
3 4	Touch R next to L, hold	