

# EZ BODY ROCK

**MUSIC:** Rock Your Body (Radio Edit) by The Phonkers (available as a legal download on iTunes, Amazon.com, Amazon.co.uk). **SEQUENCE:** Start on lyrics (16-count intro); add 4-beat tag\* after 11th repetition—this occurs when facing 3:00 after the part where the singer repeats himself several times (“rock your...rock your...rock your...” etc.)

**COUNTS**  
32/4

**LEVEL**  
BEG



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R ROCK BACK, RECOVER, WALK FORWARD R-L, R TRIPLE FORWARD, WALK FORWARD L-R

- |     |                    |  |
|-----|--------------------|--|
| 1,2 | <b>Back rock</b>   | Rock ball of R back (1), Recover forward to L (2)                    |
| 3,4 | <b>Walk, walk</b>  | Step R forward (3), Step L forward (4)                               |
| 5&6 | <b>Triple step</b> | Step R forward (5), Step ball of L next to R (&), Step R forward (6) |
| 7,8 | <b>Walk, walk</b>  | Step L forward (7), Step R forward (8)                               |

ALTERNATING TOE-HEEL STRUTS (R-L-R-L) WITH HIP BUMPS GRADUALLY TURNING 1/4 LEFT

*Styling: Bump hips left twice while executing L struts; bump hips right twice while executing R struts*

- |     |                    |  |
|-----|--------------------|--|
| 1,2 | <b>Left strut</b>  | Touch L toe forward turning 1/8 left (10:30) (1), Lower L heel taking weight (2) |
| 3,4 | <b>Right strut</b> | Touch R toe forward (3), Lower R heel taking weight (4)                          |
| 5,6 | <b>Left strut</b>  | Touch L toe forward turning 1/8 left (9:00) (5), Lower L heel taking weight (6)  |
| 7,8 | <b>Right strut</b> | Touch R toe forward (7), Lower R heel taking weight (8)                          |

L FORWARD ROCK, RECOVER, STEP BACK, STEP TOGETHER, CLAP 3X, BUMP HIPS R-L

- |     |                       |  |
|-----|-----------------------|--|
| 1,2 | <b>Rock, recover</b>  | Rock ball of L forward (1), Recover back to R (2)          |
| 3,4 | <b>Back, together</b> | Step L back (3), Step R next to L (4)                      |
| 5&6 | <b>Clap-clap-clap</b> | Hold position/clap hands three times (5&6)                 |
| 7,8 | <b>Bump, bump</b>     | Move hips right (7), Move hips left (weight ends on L) (8) |

DIAGONAL STEP TOUCHES TRAVELING SLIGHTLY BACK

*Styling: Preparing to snap fingers, bring arms in toward midsection at hip level on count 1. Swing arms down to right snapping fingers to right side (at hip level) on count 2. Return arms to midsection on count 3. Swing arms down to left snapping fingers to left side (at hip level) on count 4. Repeat this series of movements for counts 5-8.*

- |     |                    |   |
|-----|--------------------|---|
| 1,2 | <b>Back, touch</b> | Step R back diagonally right (toward 1:00) (1), Touch L next to R (2) |
| 3,4 | <b>Back, touch</b> | Step L back diagonally left (toward 5:00) (3), Touch R next to L (4)  |
| 5,6 | <b>Back, touch</b> | Step R back diagonally right (toward 1:00) (5), Touch L next to R (6) |
| 7,8 | <b>Back, touch</b> | Step L back diagonally left (toward 5:00) (7), Touch R next to L (8)  |

START AGAIN & ENJOY!

[EZ TAG]

\*You can anticipate this tag by listening for the change in the music. First, there is a long instrumental section. Then the vocalist begins to repeat himself (almost sounds like a record skipping). While this is happening, you will complete the 11th repetition of the dance to face 3:00. At this point, hold position and raise both arms slowly out to sides for 3 counts, then snap or clap on count 4 (on the “crash” in the music). Begin the dance again and enjoy the final two repetitions.