

# Roll Your Body

**COPPER** **NOB**  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner / Improver

**Choreographer:** Treece (USA) & Shell Paap (USA) - September 2015

**Music:** Overnight (feat. Trombone Shorty) - Zac Brown Band



**Start dance 40 counts into song, Tag on 10th wall\*\*\***

**R triple lock fwd, L triple lock fwd, R Roc, L Rec, 2 ½ turns Right**

1&2 Step Right forward, lock left behind right, step right forward,  
3&4 step Left forward, lock right behind left, step left forward  
5 6 rock forward on Right, Recover back on Left,  
7 keeping weight on Left, ½ turn to right step forward on Right,  
8 keeping weight on Right, ½ turn to right step back on Left

**Right sailor RLR, Left ¼ turn Sailor LRL, R L roc rec fwd, bk coaster step RLR**

1&2 step Right behind left, left to left, right to right  
3&4 Left behind right, ¼ turn to left, right to Right, left to left  
5 6 rock fwd on Right, recover back on Left,  
7&8 step back on right, step Left next to Right, step forward on Right

**Left Lindy (Side Triple, Rock Rec), Swivel ¼ turn left, Bk Left coaster**

1&2 step on Left to left, step Right next to Left, step left to left  
3 4 Rock back on Right, Recover on Left  
&5&6 Right foot next to Left, Swivel on balls of both feet ¼turn to your left  
7&8 step back on left, step right next to left, step forward on Left

**R out, L out, Roll hips, Left ¼ turn Sailor, fwd on Right, pivot ½ to left**

1 2 step Right on Right, step Left on Left  
3&4 stand in place, Roll hips counter clockwise Left, Right, Left  
(Should flow into sailor step with ease)  
5&6 Left behind right, ¼ turn to left right to Right, step on Left  
7 8 step forward on Right, ½ turn to left, ending with weight on Left foot

**TAG: \*\*\*16 count Tag: 10th wall:**

**Skate, R L cross, Unwind, Repeat**

1 2 3 4 diagonally slide Right forward, diagonally slide Left forward,

**Repeat Right, Left (like your skating)**

5 & 6 Step on Right to right, step on Left, cross Right over left,  
7 8 unwind ½ turn

**Repeat 1 - 8**

**Please do not alter this step sheet in any way, feel free to contact Shell**

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