

# Slow Roll It

Count: 32

Wall: 2

Level: Easy Intermediate Country Cha  
Cha



Choreographer: Esmeralda van de Pol (NL) - March 2018

Music: Slow Roll It - Gord Bamford

---

## Intro 16 counts

### SIDE, TOGETHER, BACK, BACK LOCKSTEP, BACK ROCK, STEP FWD, ¼ TURN L, STEP FWD

- 1-2-3 Step RF to R side, Step LF next to RF, Step RF back  
4&5 Step LF back, Step RF across LF, Step LF back  
6-7 Rock RF back, Recover weight on LF  
8&1 Step RF fwd, ¼ turn L-step LF next to RF, Step RF fwd - 09.00

### ½ TURN R, ¼ TURN R, ROCK FWD DIAGONAL, WALK BACK, SIDE, CROSS ROCK FWD, ¼ TURN R

- 2-3 ½ turn R-step LF back, ¼ turn R step RF to R side body slightly in diagonal 12.00  
4&5 Rock LF fwd R diagonal, Recover weight on RF, step LF back 07.30  
6-7 Step RF back, 1/8 turn L- step LF to L side 06.00  
8&1 Rock RF across LF, Recover weight on LF, ¼ turn R-step RF fwd 09.00

### STEP FWD, ½ TURN R, SHUFFLE ½ TURN R, SWAY ½ TURN R, LOCKSTEP FWD

- 2-3 Step LF fwd, ½ turn R-weight on RF 03.00  
4&5 ¼ turn R-step LF to L side, Step RF next to LF, ¼ turn R-step LF back 09.00  
6-7 ¼ turn R-step RF to R side in sway, sway back to LF ¼ turn R 03.00  
8&1 Step RF fwd, Step LF behind RF, Step RF fwd

### FWD ROCK, LOCKSTEP BACK, ROCK BACK, STEP ¾ TURN L

- 2-3 Rock LF fwd, Recover weight on RF  
4&5 Step LF back, Step RF across LF, Step LF back  
6-7 Rock RF back, Recover weight on LF  
8& Step RF fwd, ¾ turn L weight on LF - 06.00

### Tag: End of wall 1 & 4 - 4 counts

Sway Hips, R, L, R, L

### Tag: end of wall 3 - 8 counts

- 1-2-3 Sway Hips R,L, R  
4&5 Step LF to L side, Step RF next to LF, Step LF to L side  
6-7 Sway hips R, L  
8& step RF to R side, Step LF next to RF
-