

AB Roll Up

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: John Sandham (ES) - April 2022

Music: Penny Arcade - Black Lace



Start on Vocals "the Lights"

Walk Fwd. Rt-Lt-Rt-Kick Lt Back Lt-RT-Lt-Touch RT

1-4 Walk Fwd. on Rt. Lt. Rt. Kick Lt Fwd.

5-8 Walk back on Lt-Rt-Lt-touch Rt next to Lt.

Chasse Rt Touch Lt Chasse Lt Touch Rt.

1-4 Step Rt to side-Slide Lt up to Rt-step Rt to side- Touch Lt next to Rt.

5-8 Step Lt to side-Slide Rt up to Lt-Step Lt to side.-Touch Rt next to Lt.

Rt Heel Fwd.-Tog-Lt heel Fwd.-Tog-Rt Heel Fwd.-Tog-Lt heel Fwd. Tog.

1-4 Rt Heel tap Fwd.-Rt foot Bk in place-Lt Heel tap Fwd.-Lt heel Bk in place.

5-8 Repeat 1-4 above tap heels

Walk around ½ turn to Rt on Heel Struts Rt-Lt-Rt-Lt.

1-8 Heel Struts Rt-Lt-RT-Lt (making a ½ turn to the Rt to face 6 o'clock)

Note! The Heel Strut is lead with your heel on the first count then bring your whole foot to the floor on count 2

Start over! From the top
