

# Body Roll Shuffle

Count: 32

Wall: 2

Level: Improver

Choreographer: Sho Botham (UK)

Music: 18 Wheels and a Crowbar - BR5-49



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## LINDY, STEP HOLD, ROCK DIAGONALLY FORWARD, STEP IN PLACE

- 1&2-3-4 Lindy right (shuffle right-left-right to right, rock left back, step in place right)  
5-6 Step left forward to left diagonal, hold position  
7-8 Rock right forward to left diagonal, step in place left

## SHUFFLE AND TURN AND BODY ROLLS

- 9&10 Making  $\frac{1}{4}$  turn right shuffle forward right-left-right  
11-12 Step forward left and pivot  $\frac{1}{2}$  turn to right (basketball turn), weight ending on right  
13-16 Place left forward as you commence 2 body rolls (focus is on hip movement - hips forward, relax knees as the hips go backwards and straighten up) weight finishes on right

**Easier option: If body rolls are not your thing then try substituting them with 2 relax and straightening action of the knees with or without subtle transfers of weight from front to back foot (left to right)**

## LINDY FORWARD AND BACKWARD

- 17&18-19-20 Lindy forward left leading (shuffle forward left-right-left, rock right forward, step in place left)  
21&22-23-24 Lindy backward leading right (shuffle back right-left-right, rock back left, step in place right)

## SHUFFLE AND $\frac{1}{4}$ TURN AND WEAWE

- 25&26-27-28 Shuffle forward left-right-left, step right forward and pivot  $\frac{1}{4}$  turn left, weight ends on left  
29-32 Weave to left (step right across front of left, step left to left, step right crossed behind left, step left to left)

**REPEAT**

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