

# Roly-Poly

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Jan Brookfield (UK)

**Musique:** Roly Poly - The Chicks



## **STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE**

- 1-2 Step right diagonally forward to right corner, lock left behind right  
3&4 Shuffle diagonally forward on right, left, right  
5-6 Step left diagonally forward to left corner, lock right behind  
7&8 Shuffle diagonally forward on left, right, left

## **HEEL SWITCHES, PENDULUM SWITCHES, KICK-BALL-STEP, PIVOT HALF TURN**

- 9&10& Tap right heel forward, step on right in place, tap left heel forward, step on left in place  
11&12& Point right toes out to side, step on right in place, point left toes out to side, step on left in place  
13&14 Kick right forward, step back slightly on right, step left forward  
15-16 Step right forward, pivot half turn to left (weight now on left)

## **STEP, CLAP, STEP, CLAP, FORWARD COASTER, TOE STRUTS BACK, COASTER BACK**

- 17&18& Step right forward, clap hands, step left forward, clap hands  
19&20 Step right forward, step on left next to right, step back right  
21&22& Strut back on left toes then heel, strut back on right toes then heel  
23&24 Step left back, step right next to left, step left forward

## **THREE QUARTER PADDLE TURN TO LEFT, STOMP TWICE, KICK-BALL-CHANGE**

- 25& Step right toes to side, pushing hips out to right, transfer weight to left in place, making quarter turn to left  
26& Repeat steps for 25&  
27& Repeat steps for 25&  
28& Repeat steps for 25& but this time without a turn  
29-30 Stomp right, left in place  
31&32 Kick right forward, step back slightly on right, step on left in place

## **REPEAT**

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