

Roll Up Your Sleeves

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Judy Wang (CAN) - September 2015
音乐: Roll Up Your Sleeves - Meg Mac : (Single)



Intro: 16 counts - ~~2 Restarts~~

(1) SIDE, BEHIND, RCVR, WEAVE, ROCK, RCVR, BACK, PIVOT 1/4L

1 2& Step R to R side, Rock L behind R, Recover on R
3&4& Step L to L side, Step R behind L, Step L to L side, Cross R over L,
5 6& Rock fwd on L, Recover on R, Step back on L
7 8 Step fwd on R pivot 1/4 turn left, Step L to left side(9:00)

(2) CROSS SIDE SIDE, CHASSE, 1/2R CHASSE, SIDE, CLOSE, FWD, TOUCH

1 2& Cross R over L, Step L to left, Step R to right side
3&4 Chasse to left side stepping L-R-L
5&6 Hinge 1/2 turn right chasse to right side stepping R-L-R(3:00)

~~~ 1st Restart here on Wall 3, Step L next to R After Chasse,

And Restart the Dance on the R foot~~~

7&8&      Step L to left side, Step R next to L, Cross L over R, Touch R next to L

## (3) BACK, KICK, ROCK BACK, RCVR, SIDE MAMBO, 1/4L JAZZ BOX, SIDE MAMBO

1&2&      Step back on R, Kick L fwd, Step back on L, Step R together  
3&4      Rock L to left side, Recover on R, Touch L next to R

~~~ 2nd Restart here on Wall 4~~~

5 6& Turn 1/4L step fwd on L, Cross R over L, Step back on L to left(12:00)
7&8 Rock R to right side, Recover on L, Touch R next to L

(4) ROCK FWD, PIVOT 1/2R, SHUFFLE 1/2R, BACK COASTER, 1/2L

1 2& Rock fwd on R, Step fwd on L pivot 1/2 turn right, Step fwd on R(6:00)
3&4 Make 1/2 turn right shuffle back stepping L-R-L(12:00)
5&6& Step back on R, Step L next to R, Step fwd on R, Lock L behind R
7 8 Step fwd on R pivot 1/2 turn to left, Step fwd on L (6:00)

Taglet : ~~~ After Wall 4, Touch R next to L (or Hold for One Count) and Restart!

Contact: jujudedo@gmail.com