

Roll Your Body

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Treece (USA) & Shell Paap (USA) - September 2015
音乐: Overnight (feat. Trombone Shorty) - Zac Brown Band



Start dance 40 counts into song, Tag on 10th wall***

R triple lock fwd, L triple lock fwd, R Roc, L Rec, 2 ½ turns Right

1&2 Step Right forward, lock left behind right, step right forward,
3&4 step Left forward, lock right behind left, step left forward
5 6 rock forward on Right, Recover back on Left,
7 keeping weight on Left, ½ turn to right step forward on Right,
8 keeping weight on Right, ½ turn to right step back on Left

Right sailor RLR, Left ¼ turn Sailor LRL, R L roc rec fwd, bk coaster step RLR

1&2 step Right behind left, left to left, right to right
3&4 Left behind right, ¼ turn to left, right to Right, left to left
5 6 rock fwd on Right, recover back on Left,
7&8 step back on right, step Left next to Right, step forward on Right

Left Lindy (Side Triple, Rock Rec), Swivel ¼ turn left, Bk Left coaster

1&2 step on Left to left, step Right next to Left, step left to left
3 4 Rock back on Right, Recover on Left
&5&6 Right foot next to Left, Swivel on balls of both feet ¼turn to your left
7&8 step back on left, step right next to left, step forward on Left

R out, L out, Roll hips, Left ¼ turn Sailor, fwd on Right, pivot ½ to left

1 2 step Right on Right, step Left on Left
3&4 stand in place, Roll hips counter clockwise Left, Right, Left
(Should flow into sailor step with ease)
5&6 Left behind right, ¼ turn to left right to Right, step on Left
7 8 step forward on Right, ½ turn to left, ending with weight on Left foot

TAG: *16 count Tag: 10th wall:**

Skate, R L cross, Unwind, Repeat

1 2 3 4 diagonally slide Right forward, diagonally slide Left forward,

Repeat Right, Left (like your skating)

5 & 6 Step on Right to right, step on Left, cross Right over left,
7 8 unwind ½ turn

Repeat 1 - 8

Please do not alter this step sheet in any way, feel free to contact Shell

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