

# Roll Your Body

COPPER KNOB  
STEP SHEETS

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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