

Roar!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK) & Ross Brown (ENG) - November 2013
音乐: Roar - Katy Perry



Kick. Cross. Rock Back. Recover. Kick. Cross. Rock Back. Recover. Syncopated jazz box. Shuffle forward.

1&2& Kick right foot forward. Cross step right over left. Rock back on left. Recover on right.
3&4& Kick left foot forward. Cross step left over right. Rock back on right. Recover on left.
5-6&7 Cross step right over left. Step back on left. Step right to right side. Step forward on left.
8&1 Step forward right. Step left beside right. Step forward right.

Step forward. Twist ¼. ¼ sweep. ¼ Sailor turn. Mambo step. Coaster step.

2-3 Step forward left. Twist ¼ turn right.
4 Make ¼ turn left as you start sweeping left leg from front to back.
5&6 Make ¼ left – continuing to sweep - Cross step left behind right. Step right to right side. Step left to left side.
&7& Rock forward on right. Recover on left. Step right beside left. (**Restart 2)
8&1 Step back on left. Step right beside left. Step left forward.

(This will be the start of the ROAR!)

ROAR!! (body roll forward) Chest pop. Kick. Step. Point. Knee pop. Drop. Touch. ¼.

2-3 Body roll forward over 2 counts. - Weight ends on right.
&4 Pop chest forward. Return to centre. (*Restart 1)
5&6 Kick left forward. Step left beside right. Point right to right side.
&7 Pop right knee into left. Drop weight onto right.
&8 Touch left toes beside right. Make ¼ left dropping left heel down & raising right heel.

Dorothy step. ¼. Mambo step. Touch. ½. Side. Touch.

1-2& Step right to right diagonal. Lock step left behind right. Step right to right diagonal.
3-4 Step left to left diagonal. Make 1.4 turn right. Weight ends right.
5&6 Rock forward on left. Recover on right. Step left beside right.
&7 Touch right foot backwards. Make ½ turn right. Weight ends right.
&8 Step left to left side. Touch right beside left.

Begin again.

Restarts: -

#1: On wall 4 Restart the dance again facing the back after count 20 – making sure weight ends left this time.

#2: On wall 6 Restart the dance again facing the back after count 15 (mambo step)

#3: On wall 9 – facing the back wall after count 24 – FREEZE!! Or do whatever you like for 4 counts.

Start the dance again from the beginning

Finish the dance facing the front giving your best ROAR!! (Crane!!)

Dedicated to Annika Sylwan _ & Thank you Ross for all your help with this