

Rolling Rhythm

拍数: 16 墙数: 4 级数:
编舞者: Michele Burton (USA) - February 2016
音乐: Girl Crush - Little Big Town



Intro: 16 cts. Introduction to 'Rolling Rhythm' - 1&a
Suggested Songs: Any song with 1&a rhythm
Example: Girl Crush by Little Big Town
Example: (I) Can't Stop Loving You by Jessta James

[1 – 8] □ WALK FORWARD 3X, FORWARD RETURN BACK, BACK 3 X, COASTER CROSS

1 - 3 Step R forward (1); Step L forward (2); Step R forward (3)
4&a Rock L ball forward (4); Step R ball in place (&); Step L back (a) (feels like a rock return back, or a mambo)
5 - 7 Step R back (5); Step L back (6); Step R back (7) (add a sweep from front to back on each step if desired)
8&a Step L back (8); Step R beside L (&); Step L in front of R (a)

[9 – 16] □ SWAY 3X, VINE LEFT, ROCK STEP AND, ROCK STEP, TURN 1/4 LEFT

1 - 3 Sway R (1); Sway L (2); Sway R (3);
4&a Step L to left (4); Step R behind L (&); Step L to left (a)
5,6 a Rock R in front of L (5); Return weight to ball of L (6); Step R to right (a)
7,8 a Rock L in front of R (7); Return weight to ball of R (8); Turn 1/4 left, step L forward (a)

BEGIN AGAIN

Choreographer's Note: The purpose of the dance is to introduce beginners to a rolling rhythm. The dance is not choreographed to a specific song, but is choreographed for use with a specific rhythm (1&a). This dance provides dancers with an easy alternative floor split for most intermediate dances choreographed to a rolling rhythm (1&a 2&a)

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