

Roll It Roll It

拍数: 96 墙数: 2 级数: Phrased Beginner
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音乐: Roll It Roll It - Gentry Jones & Mr. Sam



PATTERN: A-B - A-B - B-A - B-B - B-A

SECTION A: 64 COUNTS

A1: STEPS – TOUCH

1-2 R step forward, L touch next to R
3-4 L step backward, R touch next to L
5-6 turn 1/8 to left then R step backward (10.30), L touch next to R
7-8 turn 1/8 to right then L step to left side (12.00), R touch next to L

A2: ROLLING VINE TO RIGHT - TOUCH – ROLLING VINE TO LEFT – CLOSE STEP

1-2 turn 1/4 to right then R step forward (03.00), turn 1/2 to right then L step backward (09.00)
3-4 turn 1/4 to right then R step to right side (12.00), L touch next to R
5-6 turn 1/4 to left then L step forward (09.00), turn 1/2 to left then R step backward (03.00)
7-8 turn 1/4 to left then L step to left side (12.00), R step next to L

A3: STEPS – TOUCH

1-2 L step forward, R touch next to L
3-4 R step backward, L touch next to R
5-6 turn 1/8 to right then L step backward (01.30), R touch next to L
7-8 turn 1/8 to left then R step to right side (12.00), L touch next to R

A4: ROLLING VINE TO LEFT – TOUCH – ROLLING VINE TO RIGHT – CLOSE STEP

1-2 turn 1/4 to left then L step forward (09.00), turn 1/2 to left then R step backward (03.00)
3-4 turn 1/4 to left then L step to left side (12.00), R touch next to L
5-6 turn 1/4 to right then R step forward (03.00), turn 1/2 to right then L step backward (09.00)
7-8 turn 1/4 to right then R step to right side (12.00), L step next to R

A5: FORWARD WALK – KICK BALL TOUCH – KICK BALL TOUCH – PIVOT 1/4

1-2 R step forward, L step forward
3&4 R kick forward, R step next to L, L touch to left side
5&6 L kick forward, L step next to R, R touch to right side
7-8 R step forward, turn 1/4 to left then recover to L (09.00)

A6: FORWARD WALK – KICK BALL TOUCH – KICK BALL TOUCH – PIVOT 1/4

1-2 R step forward, L step forward
3&4 R kick forward, R step next to L, L touch to left side
5&6 L kick forward, L step next to R, R touch to right side
7-8 R step forward, turn 1/4 to left then recover to L (06.00)

A7: FORWARD STEP – INWARD TWIST – FORWARD STEP – INWARD TWIST

1 R step forward
2-3-4 L swivel inward on ball, L swivel inward on heel, L swivel inward on ball
5 L step forward
6-7-8 R swivel inward on ball, R swivel inward on heel, R swivel inward on ball

A8: BACKWARD STEP – INWARD STEP – BACKWARD STEP – INWARD STEP

1 R step backward
2-3-4 L swivel inward on heel, L swivel inward on ball, L swivel inward on heel

5 L step backward
5-6-7 R swivel inward on heel, R swivel inward on ball, R swivel inward on heel

SECTION B: 32 COUNTS

B1: LINDY – LINDY

1&2 L step to left side, R step next to R, L step to left side
3-4 R step backward, recover to L
5&6 R step to right side, L step next to R, R step to right side
7-8 L step backward, recover to R

B2: LINDY – LINDY

1&2 L step to left side, R step next to R, L step to left side
3-4 R step backward, recover to L
5&6 R step to right side, L step next to R, R step to right side
7-8 L step backward, recover to R

B3: FORWARD SHUFFLE – FORWARD ROCK – BACKWARD SHUFFLE – BACKWARD ROCK

1&2 L step forward, R step next to L, L step forward
3-4 R step forward, recover to L
5&6 R step backward, L step next to R, R step backward
7-8 L step backward, recover to R

B4: FORWARD SHUFFLE – PIVOT ½ - TURN ½ TO RIGHT – BACKWARD STEP – TOUCH

1&2 L step forward, R step next to L, L step forward
3-4 R step forward, turn ½ to left then L step forward (12.00)
5&6 turn ½ to left then R step backward (06.00), L step next to R, R step backward
7-8 L step backward, R touch next to L

ENJOY THE DANCE

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