

Help Me Roll It

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Jan Brookfield (UK) - June 2017
音乐: Help Me Roll It - Bap Kennedy : (CD: Reckless Heart)



Start 12 seconds in ("I woke UP on the floor ...")

Section 1 : STEP FORWARD, HOLD, & ROCKING CHAIR, FORWARD SHUFFLE

1,2& Step R forward, hold for one count, recover weight briefly onto L
3,4,5,6 Rock R forward, recover onto L, rock R back, recover onto L
7&8 Shuffle forward on R,L,R

Section 2 : STEP FORWARD, HOLD, & ROCKING CHAIR, ½ TURN SHUFFLE

9,10& Step L forward, hold for one count, recover weight briefly onto R
11,12,13,14 Rock L forward, recover onto R, rock L back, recover onto R
15&16 Making a half turn over right shoulder shuffle L,R,L on the spot (6 o'clock)

Section 3 : STEP SIDE, HOLD, & SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS SHUFFLE

17,18& Step R to side, hold for one count, recover weight briefly onto L
19,20 Rock R to right side, recover onto L in place
21,22 Step R behind L, step L to left side,
23&24 Shuffle across in front to left on R,L,R

Section 4 : STEP, TOUCH, STEP, TOUCH, ¼ TURN SHUFFLE, STEP FORWARD, ½ PIVOT TURN

25,26,27,28 Step L to left side, touch R next to L, step R to right side, touch L next to R
29&30 Making a quarter turn left shuffle forward on L,R,L (3 o'clock)
31,32 Step R forward, pivot half turn over left shoulder transferring weight onto L (9 o'clock)

KEEP IT GOING!