

My Roots

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数:
编舞者: Cheryl Dibble (USA) - October 2017
音乐: Roots - Zac Brown Band



Begin with lyrics

S1: Rock Recover X3, Right Heel Hook

1-2-3-4 Rock forward on R recover L, rock right on R recover L
5-6-7-8 Rock back on R recover L, place R heel forward, hook over L

S2: Right Side shuffle, Cross Shuffle, Right Side Shuffle, ½ Turn Triple Step

1&2,3&4 Shuffle right RLR, cross L over R and shuffle LRL
5&6,7&8 Shuffle right RLR, triple step turning ½ left LRL

S3: Jazz Box; Step, Pivot ½ Left X2

1-2-3-4 Step R over L, step back on L, step R to right, step L together
5-6-7-8 Step R forward, turn ½ left, weight on L; step R forward, turn ½ left, weight on L

S4: Rock Right Recover, SLOW Right Sailor Step, SLOW Left Sailor Step

1-2-3-4 Rock R to right, recover L, cross R behind L, step L to left
5-6-7-8 Step R to right, cross L behind R, step R to right, step L together

S5: Right Side Shuffle, Rock, Recover; ¼ Turn Shuffle, Step, Turn ½

1&2,3,4 Shuffle right RLR, rock L over R, recover R
5&6,7,8 Turning ¼ left, shuffle forward LRL, step R forward; turn ½ left, weight on L

S6: Forward Shuffle, Rock Recover, Coaster Step, Stomp. Stomp

1&2,3,4 Shuffle forward, RLR, rock forward on L, recover R
5&6,7,8 Step L back, step R together, step L forward; stomp R, stomp L

RESTART: On 2nd and 4th wall after 32 counts

RESTART: On 5th wall after 40 counts
