

On A Roll

拍数: 48 墙数: 4 级数: Improver
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音乐: On a Roll - Sugarland : (iTunes)



Count In : 16 counts from start of track

S1: Rock back, recover. Full turn travelling fwd. Shuffle Fwd. Step ¼ Turn.

1-2 Rock back right, recover weight onto left
3-4 Make ½ turn left stepping back right, make ½ turn left stepping fwd left
5&6 Step fwd right, close left at side of right, step fwd right
7-8 Step fwd left, make ¼ turn right onto right (3 o'clock)

S2: Cross Side. Behind Side Cross. Side Rock Recover. Cross & Heel

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, cross left over right
5-6 Rock right to right side, recover onto left
7&8 Cross right over left, step left in place, touch right heel to right diagonal

S3: & Touch & Heel. & Cross Rock recover. Chasse ¼ Turn. ½ Pivot Turn.

&1 Still facing diagonal step right in place, touch left at side of right
&2 Step left in place, touch right heel to right diagonal for a second time
&3,4 Step right in place, rock left over right, recover weight onto right
5&6 Step left to left side, step right at side of left. Make ¼ left stepping fwd left. (12 o'clock)
7-8 Step fwd right, make ½ turn left onto left. (6 o'clock)

S4: R Shuffle Fwd. Full Turn Fwd. Rock Fwd, Recover. Jazz Jump Back, Hold with double clap.

1& Step fwd right, close left at side of right, step fwd right
3-4 make 1/2 right stepping back left, make 1/2 turn right stepping fwd right
5-6 Rock fwd left, recover
&7 Step back left, step back right at side of left with feet apart
&8 Hold footwork and double clap on &8

*** Re Start here during Wall 5 (The rapping wall lol!) restart facing 6 o'clock ***

S5: Switching Heel & Toe ¼ Turn. Switching Heel & Toe ½ Turn.

1&2 Touch right heel fwd, step right in place and touch left toe back
&3 Make ¼ turn left stepping left in place, touch right toe back, (3 o'clock)
&4 Step right in place touch left heel fwd
&5&6 Step left In Place, touch right heel fwd, step right in place and touch left toe back
&7&8 Make ½ turn left stepping left in place, touch right toe back, step right in place, touch left heel fwd (9 o'clock)

S6: Rock Fwd, Recover. Coaster Step. ½ Pivot Turn, ½ Shuffle Turn.

&1-2 Step left in place, rock fwd right, recover
3&4 Step back right, step left at side of right, step fwd right
5-6 Step fwd left, make ½ right onto right
7&8 Make ½ turn right shuffle back left, right, left

*** Re – start during wall 5 see point in step description. ***

Last Update - 1st July 2018

