

# AB Stop, Drop & Roll

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 1      级数: Absolute Beginner / Beginner  
编舞者: Janet Cummings (USA) - March 2020  
音乐: On a Roll - Sugarland : (Album: Bigger - 3:45)



Intro: 16 Count - No Tags or Restarts \*\*\*Beginners...Pattern is Counter-Clockwise

## SECTION 1: R STOMP, HEEL PUMP, L SHUFFLE FORWARD X2

1&2, 3&4      R Stomp, Raise and Drop Heel, Shuffle Forward (L, R, L)  
5&6, 7&8      R Stomp, Raise and Drop Heel, Shuffle Forward (L, R, L)

## SECTION 2: R SIDE ROCK, L RECOVER, R STEP DIAGONALLY BACK, L TOUCH, L STEP DIAGONALLY BACK, R TOUCH, R SIDE ROCK, L RECOVER

1, 2      R Rock to Side, L Recover  
3, 4      R Step Diagonally Back, L Touch  
5, 6      L Step Diagonally Back, R Touch  
7, 8      L Rock to Side, L Recover

## SECTION 3: RIGHT TRAVELLING HEEL GRIND, R SIDE ROCK, L RECOVER, BEHIND, STEP TO SIDE

1, 2, 3, 4      (Moving to the Right) Grind R Heel, Step L, Grind R Heel, Step L  
5, 6      R Rock to Side, L Recover  
7, 8      R Step Behind L, L Step to Side (With Weight)

\*\*\*NOTE: For Absolute Beginners, Counts 1-4, Alt. For Heel Grinds, R Step Side, Close, R Step Side, Close

## SECTION 4: R STEP, L HOOK BEHIND, L STEP, R BRUSH, R JAZZ BOX

1, 2, 3, 4      R Step, L Hook Behind R Knee, L Step, R Brush  
5, 6, 7, 8      R Cross Step Over L, L Step Back, R Step to Side, L Step Forward

\*\*NOTE: Beginners, 4-Wall: Counts 1-4: R Step, L Hook, Turn ¼ Left-L Step to Side, R Brush, 5-8 Jazz Box

CHOR NOTE: Oh my! This dance is #20 in our AB Division, and we're still adding! Who would have thought? In this dance we've added more syncopation in Section 1, and a Traveling Heel Grind in Section 3. Happy dancing...be safe and well, and thank you all for being a part of this God-given journey. God bless.  
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