

AB Stop, Drop & Roll

COPPER KNOB
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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