

How She Rolls

拍数: 32 墙数: 4 级数: Improver
编舞者: Shaun Rounds - May 2020
音乐: How She Rolls by Trent Hughes



Intro: 20ct or 14 Seconds, begin at the 5th double hit.

(1-8) ROCKING CHAIR, FORWARD SHUFFLE, 1/2 R TURN, 1/4 R SHUFFLE LEFT

1&2& Rock forward on R, Step L in place, Rock back on R, Step L in place
3&4 step forward on R, Step ball of L next to R, Step forward on R
5-6 step forward on L, pivot 1/2 right (weight ending on R)
7&8 step L forward turning 1/4 turn right, Step ball of R next to L, step L out to left (9:00)

(9-16) SAILOR STEP, 1/4 L SAILOR STEP, 1/4 L TURN HIP ROLLS x2

1&2 step R behind left, step L to left side, step R to right side
3&4 step L behind right (pivot 1/4 left), step R to next to L, step L forward (6:00)
5-6 step R forward pivot 1/4 left (rolling hips, weight ending on L)
7-8 repeat 5-6 (12:00)

(17-24) CROSS WEAVE L, R CROSS ROCK, 1/4 SHUFFLE R, 1/4 R TURN

1&2& cross R in front, step L to side, cross R behind, step L to side
3-4 cross R in front at forward angle, recover back on L
5&6 step R to R side pivot 1/4 turn R, Step ball of L next to R, Step forward on R
7-8 step L forward turning pivot 1/4 turn to right (weight ending on R) (6:00)

(25-32) CROSS WEAVE R, L CROSS ROCK, 1/4 SHUFFLE L, WALK X2

1&2& cross L in front, step R to side, cross L behind, step R to side
3-4 cross L in front at forward angle, recover back on R
5&6 step L to L side pivot 1/4 turn L, Step ball of R next to L, Step forward on L
7-8 walk forward R, walk forward L (styling: stomp with the beat) (3:00)

***NO Tags no Restarts**

End the dance at wall 10 at ct 17-18, 1/4 L turn walk toward front (12:00) left, right, !!!tada!!!

Any questions contact Shaun Rounds @ kingrounds@gmail.com

Last Update - 05 May 2020