

AB Life Rolls On

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: Absolute Beginner / Beginner
编舞者: Janet Cummings (USA) - 16 February 2021
音乐: Life Rolls On - Florida Georgia Line



Intro: 16 Counts - No Tags/Restarts

Weight on Left...

SECTION 1: R POINT TO SIDE, TOUCH CENTER, STEP FORWARD, L TOUCH; L POINT TO SIDE, TOUCH CENTER, STEP BACK, R TOUCH

1, 2, 3, 4 R Point to Side, Touch to Center, Step Forward, L Touch to Center

5, 6, 7, 8 L Point to Side, Touch to Center, Step BACK, R Touch to Center

NOTE: Beginners...to make this a 4-wall dance, change the last two counts - Turn ¼ Left-Step L (7), Touch R (8).

SECTION 2: ROCKING TOE STRUT

1, 2 R Toes Step Back, Drop Heel

3, 4 L Toes Step Forward, Drop Heel

5, 6 R Toes Step Back, Drop Heel

7, 8 L Toes Step Forward, Drop Heel

SECTION 3: R HEEL GRIND, L STEP TOGETHER, R POINT TO SIDE, CLOSE; L HEEL GRIND, R STEP TOGETHER, L POINT TO SIDE, CLOSE

1, 2 R Heel Grind, L Step Together

3, 4 R Point to Side, R Step Next to L with Weight

5, 6 L Heel Grind, R Step Together

7, 8 L Point to Side, L Step Next to R with Weight

Note: If you struggle with Heel Grinds, simply Step to Side, Step Together, Point, Close

SECTION 4: MODIFIED K STEP

1, 2 R Step Diagonally Forward, L Touch,

3, 4 L Step Diagonally Back, R Touch

5, 6 R Step Diagonally Back, L Touch

7, 8 L Step Diagonally Forward, R Cross-Hitch

*****Note...Dancers, this dance is # 23 in my AB Series (#59 overall). Please feel free to check out the others. In this dance we do a Rocking Toe Strut, and we get more practice with a Heel Grind. This cute little dance also encourages balance, and it does not take up much space so it fits right into today's Social Distancing...use it on its own...or as a floor split.**

As always, so very grateful for your support, do be well and safe, always. God bless.

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