

Rollin' Tide

拍数: 32 墙数: 4 级数: High Improver
编舞者: Mark Paulino (USA), Thomas Poon (USA) & Dylan DeClue (USA) - 9 November 2022
音乐: Sand - Thomas Rhett



Starts: 32 counts

[1 – 8] SKATE X2, 1/8 TURN SIDE STEP, HEEL TOE SWIVEL, SIDE STEP, 1/4 TURN SIDE STEP, 1/4 TURN TOE HEEL TOE SWIVEL

1 2 R skate forward, L skate forward
3&4 1/8 turn L with R side step, L heel swivel towards R, L toe swivel towards R 10:30
5 6 L side step, 1/4 turn R with R side step 1:30
7&8 1/4 turn L with both toe heel toe swivel towards L 10:30

[9 – 16] FORWARD ROCK RECOVER, 3/8 TURN STEP, 1/4 PIVOT TURN CROSS OVER, SIDE ROCK RECOVER, VINE

1&2 R rock forward, recover back on L, 3/8 turn R with R stepping forward 3:00
3&4 L steps forward, 1/4 pivot turn R putting weight onto R, L cross over R 6:00
5 6 R side rock, recover on L
7&8 R cross behind L, L side step, R crosses over L

[17 – 24] SIDE ROCK RECOVER, BEHIND, 1/4 TURN STEPPING FORWARD WITH LEG/ARM LIFT, STEP DOWN, NEUTRAL STEP, BEE'S KNEES

1 2 L side rock, recover on R
3 4 L cross behind R, 1/4 turn R with R stepping forward while L arm points forward and L foot is lifted pointing back.

(Simulate 2 waves travelling from the L side rock towards 1/4 turn R into the arm lift with the L arm within these two counts)9:00

5 6 L steps down, R steps in place with both knees slightly bent
&7&8 Both knees separate, both knees comes together, both knees separate, both knees comes together

[25 – 32] RAISE UP WITH SIDE LEG RAISE, MODIFIED SAILOR STEP WITH SIDE LEG LIFT, MODIFIED SAILOR STEP, KICK SWITCHES, KICK HOOK KICK BALL TOUCH

&1&2 Weight shift onto L while extending up and lifting R to the R side, R crosses behind L, L side step, R side step with lifting L to the L side
3&4 L crosses behind R, R side step, L side step
5&6& R kick forward, R steps besides L, L kicks forward, L steps besides R
7&8& R kick forward, R hook over L, R kick forward, R ball touch besides L

Restarts after 24 counts on wall 3 (facing 6:00 and ends on 3:00) and on wall 5 (facing 12:00 and ends on 9:00)

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