Let It Roll!

拍数: 0	墙数: 0	级数:

编舞者: Gerard Murphy (CAN)

音乐: Let the Good Times Roll - Three Mo' Tenors

Sequence: AB, ABB, AA, A (1-16), BB, A (1-8), A, A until you slowly end at front wall

PART A
STEP, TOUCH & HEEL & TOUCH, WALK, WALK, SHUFFLE FORWARD
1-2&3&4	Step right foot slightly forward, touch left next to right, step left back in place, touch right heel forward, step right back in place, touch left next to right
5-6	Walk forward - left, right
7&8	Shuffle forward - left, right, left

STEP, KICK BALL CHANGE, ½ PIVOT, KICK & KICK & STEP
1-2&3	Step on right, kick left forward, step on ball of left, step on right
4-5	Step left forward, pivot ½ turn right (weight onto right)
6&7&8	Traveling slightly forward - kick left, step on left, kick right, step on right, step on left

ROCK RECOVER, BALL CROSS, ¼ STEP, ¼ STEP, ROCK RECOVER STEP
1-2	Cross rock right over left, recover onto left
&3	Step right slightly to right, cross step left over right
4-5	Step right to right making ¼ turn left, step left to left making ¼ turn left (so a ½ turn in total)
6-7-8	Cross rock right over left, recover onto left, step right slightly to right

CROSS POINT, SAILOR, ¼ SAILOR, ½ PIVOT
1-2	Cross step left over right, point right to right
3&4	Sailor step - right, left, right
5&6	Sailor step making a ¼ turn left - left, right, left
7-8	Step right forward, pivot ½ turn left (weight onto left)

PART B
1-4	Step right forward and hold (freeze, pose, bump right hip, play, or whatever!)
5-8	Step left forward and hold (freeze, pose, bump left hip, play, or whatever!)
9-12	Step right forward making ¼ turn left and hold (weight. Onto right) (freeze, pose, bump right hip, play, or whatever!)
13-16	Side step to left - left, right, left; touch right next to left