

Roly-Poly

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jan Brookfield (UK)
音乐: Roly Poly - The Chicks



STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

- 1-2 Step right diagonally forward to right corner, lock left behind right
- 3&4 Shuffle diagonally forward on right, left, right
- 5-6 Step left diagonally forward to left corner, lock right behind
- 7&8 Shuffle diagonally forward on left, right, left

HEEL SWITCHES, PENDULUM SWITCHES, KICK-BALL-STEP, PIVOT HALF TURN

- 9&10& Tap right heel forward, step on right in place, tap left heel forward, step on left in place
- 11&12& Point right toes out to side, step on right in place, point left toes out to side, step on left in place
- 13&14 Kick right forward, step back slightly on right, step left forward
- 15-16 Step right forward, pivot half turn to left (weight now on left)

STEP, CLAP, STEP, CLAP, FORWARD COASTER, TOE STRUTS BACK, COASTER BACK

- 17&18& Step right forward, clap hands, step left forward, clap hands
- 19&20 Step right forward, step on left next to right, step back right
- 21&22& Strut back on left toes then heel, strut back on right toes then heel
- 23&24 Step left back, step right next to left, step left forward

THREE QUARTER PADDLE TURN TO LEFT, STOMP TWICE, KICK-BALL-CHANGE

- 25& Step right toes to side, pushing hips out to right, transfer weight to left in place, making quarter turn to left
- 26& Repeat steps for 25&
- 27& Repeat steps for 25&
- 28& Repeat steps for 25& but this time without a turn
- 29-30 Stomp right, left in place
- 31&32 Kick right forward, step back slightly on right, step on left in place

REPEAT