I Gotta Roll

拍数: 64

级数: Improver

编舞者: Sue Bergeron (CAN)

音乐: She Wants to Rock - The Warren Brothers

HEEL TAPPING BODY FACING 2:00

1-4 Turning body to the right (slightly), right foot pointing at 2:00 tap right heel four times

HEEL TAPPING BODY FACING 10:00

&5-8 Swivel to the left on balls of both feet, with left foot pointing at 10:00 tap left heel four times

LEFT HOME, TOUCH RIGHT, HOLD, RIGHT DOWN, TOUCH LEFT, HOLD

- &9 Quickly bring left foot home, touch home with right
- 10 Hold
- &11 Bring right heel down (switch your weight), touch home with left
- 12 Hold
- 13-14 Rotate hips from left to right
- 15&16 Bump hips left - right - left

SIDE SHUFFLES WITH ROCK STEP

- 17&18 Shuffle to the right, (right, left, right)
- 19-20 Rock step back on left foot, recover on right foot
- 21&22 Shuffle to the left side, (left, right, left)
- 23-24 Rock step back on right foot, recover on left foot

TOE - HEELS STEPS

- 25-26 Step out to the right side on toes of right foot, bring right heel down
- 27-28 Step out to the left side on toes of left foot, bring left heel down
- 29-30 Touch home on right toes, step down on right heel
- 31-32 Touch home on left toes, step down on left heel

SWIVELS (IN PLACE)

- 33 Turning body slightly to the right pointing toes to the right, step on ball of right foot & swivel heels right
- 34 Turning body slightly to the left pointing toes to the left, step on ball of left foot & swivel heels left
- 35-36 Repeat 33-34

SWIVELS WITH TWO QUARTER TURNS

- 37-38 Small step forward as you as you swivel with both right and left, making a quarter turn left
- 39-40 Repeat 37-38 (should be facing back wall)

HEEL & TOE TAPS

- 41-44 Tap right heel forward twice, tap right toes back twice
- 45-48 Touch right heel forward, tap right toes back, touch right heel forward, tap right toes back

CHARLESTONS WITH QUARTER TURN

49-52 Step right forward, kick left forward clapping, step home on left, touch back on right clapping 53-56 Turning a quarter turn to the right stepping forward on right, kick left foot forward clapping, step home on left, touch home with right clapping

RIGHT & LEFT VINES WITH HEEL TAP FORWARD





墙数:4

57-60Step right to side, step left behind right, step right to side, touch left heel forward61-64Step left to side, cross right behind left, step left to side, touch right heel forward

REPEAT