

# Body Roll 2000

**COPPER KNOB**  
STEPPERS

拍数: 96      墙数: 4      级数: Advanced  
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音乐: All Out of Love - Newton



## MAMBO ROCKS

1            Rock right to the right  
&            Rock left in place  
2            Step right in place  
3            Rock left to left  
&            Rock right in place  
4            Step left in place  
5            Rock right back  
&            Rock left in place  
6            Step right in place  
7            Rock left forward  
&            Rock right in place  
8            Step left in place

## MONTEREY TURN

9            Touch right to the right  
10           Step right in place with ½ turn  
11           Touch left to the left  
12           Touch left beside right

## STEP, SIDE BODY ROLL, SIDE BODY ROLL ¼, TOGETHER

13           Step left to the left  
14           Roll the body to the left  
15           Roll the roll to the right with ¼ to the left  
16           Step right beside left

## JAZZ JUMP, CLAP, CROSS, UNWIND

17           Jump back left then right  
18           Clap  
19           Cross right over left  
20           Unwind ¾ to the left

## KICK, & STEP, TURN, BODY ROLL FORWARD, HITCH, TURN

21           Kick right forward  
&            Step right back  
22           Turn ½ right  
23-26        Body roll forward  
27           Hitch left  
28           Turn ¾ to the left

## APPLEJACKS, HOLD, APPLEJACKS, HOLD

29           Take weight on right toe and left heel swivel right toe and left heel to the left  
&            Return both feet to center  
30           Take weight on left heel and right toe swivel left toe and right toe to the right  
&            Return both feet to center  
31           Take weight on right toe and left heel swivel right toe and left heel to the left

- 32 Hold
- 33 Take weight on left heel and right toe swivel left toe and right toe to the right
- & Return both feet to center
- 34 Take weight on right toe and left heel swivel right toe and left heel to the left
- & Return both feet to center
- 35 Take weight on left heel and right toe swivel left toe and right toe to the right
- 36 Hold
- & Return both feet to center

#### **STEP, TOUCH, COASTER KICK, CROSS, UNWIND, BODY ROLL**

- 37 Step left forward
- 38 Touch right behind left heel
- 39 Step back right
- & Step left beside right
- 40 Kick right forward
- 41 Cross right over left
- 42 Unwind  $\frac{3}{4}$  left
- 43-44 Body roll forward (2 count)

#### **SAILOR STEP, CROSS, UNWIND, SIDE SHUFFLE, CROSS, UNWIND**

- 45 Step right behind left
- & Step left to the left
- 46 Step right in place
- 47 Cross left behind right
- 48 Unwind full turn
- 49 Step right to the right
- & Step left beside right
- 50 Step right to the right
- 51 Cross left behind right
- 52 Unwind  $\frac{1}{2}$

#### **CHARLESTON MASH POTATO**

- 53 Step right forward swivel right and left heels to the center
- 54 Step right back swivel right and left heels to the center
- 55 Step left back swivel right and left heel to the center
- 56 Step left forward swivel right and left heel to the center
- 57 Step right forward swivel right and left heels to the center
- 58 Step right back swivel right and left heels to the center
- 59 Step left back swivel right and left heel to the center
- 60 Step left forward swivel right and left heel to the center

#### **ELECTRIC ROCKS**

- 61 Rock back on right raising left foot off the floor
- & Recover onto the left
- 62 Rock back onto the right raising left foot off the floor
- 63 Rock back on left raising right foot off the floor
- & Recover onto the right
- 64 Rock back onto the left raising right foot off the floor

#### **STEP, PIVOT, HIP, HIP**

- 65 Step right forward
- 66 Pivot  $\frac{1}{2}$  to the right
- 67 Hip bump to the right
- 68 Hip bump to the left

**SIDE SHUFFLE, CROSS UNWIND**

69 Step right to the right  
& Step left beside right  
70 Step right to the right  
71 Cross left behind right  
72 Unwind full turn

**SIDE SHUFFLE, CROSS, UNWIND**

73 Step left to the left  
& Step right beside left  
74 Step left to the left  
75 Cross right over left  
76 Unwind full turn

**BODY ROLLS**

77 Body roll to the right  
78 Body roll to the left  
79 Body roll to the right  
80 Body roll to the left

**JUMP, CROSS, JUMP, CROSS**

81 Jump right and left apart  
82 Jump left over right  
83 Jump right and left apart  
84 Jump left behind right

**UNWIND, VAUDEVILLE, HOLD**

85 Unwind  $\frac{1}{2}$   
86 Step right over left  
& Step left to the left  
87 Touch right heel to the right  
88 Hold

**WALK**

89 Step forward right  
90 Step forward left  
91 Step forward right  
92 Step forward left

**HEEL SWITCHES TURNING  $\frac{1}{4}$  STOMP**

93 Touch right heel forward  
& Step right in place turning  $\frac{1}{8}$   
94 Touch left heel forward  
& Step left in place turning  $\frac{1}{8}$   
95 Touch right heel forward  
& Step right in place  
96 Stomp left next to right

**REPEAT**

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