

# Belly Roll

拍数: 32      墙数: 1      级数: Improver  
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音乐: Belly Roll - Bobby Smith & Poor Souls



## ROCK STEP, PIVOT, LUNGE LEFT, TOUCH, KICK-STEP-TOUCH, TOGETHER, TOE TAPS

- 1-2      Step forward on left foot, rock back onto right foot  
&      Pivot a  $\frac{1}{4}$  turn to the left on ball of right foot  
3-4      Take a long step to the left on left foot, drag right foot next to left and touch  
5&6      Kick right foot forward, step right foot next to left, touch left heel forward  
&      Step left foot next to right  
7-8      Tap right toe next to left twice

## MODIFIED MONTEREY TURN, MONTEREY CROSS, UNWIND, TO THE LEFT MILITARY PIVOT

- 9-10      Touch right toe to the right, pivot a  $\frac{1}{2}$  turn to the right on ball of left foot and step right foot next to left  
11-12      Touch left toe to the left, cross left foot behind right  
13-14      Unwind  $\frac{3}{4}$  turn to the left and shift weight to left foot  
15-16      Step forward on right foot, pivot a  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot

## SIDE STEP RIGHT, BEHIND, ROMP, STEP-CROSS, SIDE STEP LEFT, BEHIND, ROMP, STEP-CROSS

- 17-18      Step to the right on right foot, cross left foot behind right and step  
&19      Step back and diagonally to the right on right foot, touch left heel forward and diagonally to the left  
&20      Step left foot to home, cross right foot over left and step  
21-22      Step to the left on left foot, cross right foot behind left and step  
&23      Step back and diagonally to the left on left foot, touch right heel forward and diagonally to the right  
&24      Step right foot to home, cross left foot over right and step

## UNWIND WITH BELLY ROLL, CROSS, STEP BACK, TOGETHER, TO THE RIGHT MILITARY PIVOT

- 25-28      Slowly unwind  $\frac{1}{2}$  turn to the right while rotating belly two full revolutions in a to the right circular motion and shift weight to left foot  
29-30      Cross right foot over left and step, step back on left foot  
&      Step right foot next to left  
31-32      Step forward on left foot, pivot a  $\frac{1}{2}$  turn to the right on ball of left foot and shift weight to right foot

REPEAT

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