

# I Roll

拍数: 28      墙数: 4      级数: Intermediate  
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音乐: I Roll When I Rock - Tommy Castro : (CD: Painkiller)



## Steps, Shimmy Shoulders, Bump Hips

1-4      Step right to right, shimmy shoulders and bump hips right, step left beside right & clap  
5-8      Step left to left, shimmy shoulders and bump hips left, step right beside left & clap  
Option: Pump fists up and down while doing steps 1-8

## Diagonal Shuffles, Hands Roll

1-2      Shuffle forward diagonally Right, left, right while rolling hands right over left  
(Open or closed fist)  
3-4      Shuffle forward diagonally left, right, left rolling hands right over left  
(Open or closed fist)  
5-8      Repeat steps 1-4

## Right Kick Ball Changes, ¼ Turn Left, Stomps

1&2      Kick right forward, step on ball of right next to left, Step left next to right  
3&4      Repeat steps 1&2  
5-6      Step right ¼ turn left, step left beside right  
7-8      Stomp right, left

## Right And Left Sailors

1&2      Step right behind left, step left to left, step right to right  
3&4      Step left behind right, step right to right, step left to left

## Start Over

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