

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
