

Ready To Roll

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Improver
编舞者: Kathy Heller (USA) - August 2011
音乐: Ready To Roll - Blake Shelton : (CD: Red River Blue)



Start: 32 count intro, start on vocals

[1-8] HIP ROLLS, SHUFFLE RIGHT, ROCK STEP

1-4 Step right forward on an angle and roll your hips onto the right, roll hips back onto your left, roll hips onto the right, roll hips back onto left

(This is done in an up and down motion – like the shoop shoop)

5&6 Side shuffle to the right (RLR)

7-8 Rock back on left, return weight to right. (12)

[9-16] HIP ROLLS, SHUFFLE LEFT, ROCK STEP

1-4 Step left forward on an angle and roll your hips onto your left, roll hips back onto your right, roll hips onto the left, roll hips back onto right

(Again this is done in an up and down motion – like the shoop shoop)

5&6 Side shuffle to the left (LRL)

7-8 Rock back on right, return weight to left. (12)

[17-24] LOCK STEP, SCUFF, BACK, COASTER

1-4 Step forward on right, lock left behind right, step forward on right, scuff left forward

5-6 Step back on left, step back on right

7&8 Step back on left, step right next to left, step forward on left (12)

[25-32] LOCK STEP, SCUFF, BACK, COASTER

1-4 Step forward on right, lock left behind right, step forward on right, scuff left forward

5-6 Step back on left, step back on right

7&8 Step back on left, step right next to left, step forward on left (12)

[33-40] CROSS, POINT (4X)

1-4 Cross right over left, point left to side left, cross left over right, point right to side right

5-8 Cross right over left, point left to side left, cross left over right, point right to side right (12)

(You will be traveling forward)

[41-48] ¾ TURN, BACK, HOLD, SHUFFLE BACK, ROCK STP

1-4 Step forward on right, pivot ¼ turn left, pivot ½ turn left stepping back on right, hold

5&6,7-8 Shuffle back (LRL), rock back on right, return weight to left. (3)

REPEAT

Contact Kathy Heller – kathyheller04@yahoo.com