

On A Roll

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - May 2012
音乐: I'm On a Roll (feat. New Boyz & Rock Mafia) - Stefano



Start the dance on the vocals (0:14).

[1-8] Rock Step, 1/2 Turn, Step, Rock Step, 1/2 Turn Side Rock

1,2 Rock Rt fwd, Replace weight Lt
3,4 Make 1/2 turn Rt stepping Rt fwd, Step Lt fwd (6:00)
5,6 Rock Rt fwd, Replace weight Lt
7,8 Make 1/4 turn Rt stepping Rt fwd (9:00), Make 1/4 turn Rt Rocking Lt to Lt (12:00)

[9-16] Full Turn, Rock Step, Crossing Shuffle, Rock Step

1,2 Make 1/4 turn Lt stepping Rt back in place, Make 1/2 turn Lt stepping Lt fwd
3,4 Make 1/4 turn Lt Rocking Rt to Rt, Replace weight Lt
5&6 Cross Rt over Lt, Step Lt to Lt, Cross Rt over Lt
7,8 Rock Lt to Lt, Replace weight Rt

[17-24] Full Turn, Behind & Cross, Rock Step, And Side, Cross

1,2 Make 1/2 turn Lt stepping Lt to Lt, Make 1/2 turn Lt stepping Rt to Rt
3&4 Step Lt behind Rt, Step Rt to Rt, Cross Lt over Rt
5,6 Rock Rt to Rt, Replace weight Lt
&7,8 Step Rt next to Lt, Step Lt to Lt, Cross Rt over Lt

[25-32] Unwind Body Roll, Kick & Touch, & Touch, & Touch & Swivel

1,2 Unwind 1/2 turn Lt doing a body Roll (weight Lt) (6:00)
3&4 Kick Rt low fwd, Step Rt next to Lt, Touch Lt next to Rt
&5&6 Step down on Lt, Touch Rt next to Lt, Step down on Rt, Touch Lt next to Rt
&7&8 Step down on Lt, Touch Rt toe fwd, Swivel Heels Rt and back to center (weight Lt)

***RESTART HERE: Wall 5 (6:00)

[33-40] Walk Fwd, Side, Behind, Back-Turn, Walk Fwd

1,2 Walk fwd Rt, Lt
3,4 Step Rt to Rt Side, Cross Lt behind Rt
5,6 Step back on Rt 1/8th turn Lt (5:30), Step Lt to Lt 1/8th turn Lt (3:00)
7,8 Walk fwd Rt, Lt

[41-48] Rock Step, Step Lock, Back, 1/2 Turn, Fwd, 1/4 Turn

1,2 Rock Rt fwd, Replace weight Lt
3,4 Step Rt back, Lock Lt in front of Rt
5,6 Step Rt back, Make 1/2 turn Lt stepping Lt fwd (9:00)
7,8 Step Rt fwd, Make 1/4 turn Lt stepping Lt to Lt (6:00)

***RESTART HERE: Wall 6 (12:00)

[49-56] Cross & Heel, & Cross & Heel, & Cross Side, Cross 1/4 Turn

1&2 Cross Rt over Lt, Step Lt to Lt, Present Rt Heel diagonally fwd Rt (Vauderville)
&3&4 Step Rt next to Lt, Cross Lt over Rt, Step Rt to Rt, Present Lt Heel diagonally fwd Lt (Vauderville)
&5,6 Step Lt next to Rt, Cross Rt over Lt, Step Lt to Lt
7,8 Cross Rt over Lt, Make 1/4 turn Lt stepping Lt fwd (3:00)

[57-64] Step 1/2 Turn, Walk Fwd, Step 3/4 Turn Fwd

1,2 Step Rt fwd, Make 1/2 turn Lt (weight Lt) (9:00)
3,4 Walk fwd Rt, Lt
5,6 Step Rt fwd, Make 1/2 turn Rt stepping back Lt (3:00)
7,8 Make 1/4 turn Rt stepping Rt to Rt (6:00), Step Lt fwd

*****2 COUNT TAG: End of Wall 2 (12:00), Tap your Rt Heel in place X2**

HAVE FUN

Choreographers: (05.2012).

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