

How I Roll

拍数: 48 墙数: 4
编舞者: Pat Esper (USA) - July 2013
音乐: That's How I Roll - The Whipps

级数: Improver / Low Intermediate



No Tags or Restarts

Rock, Recover, Forward roll, Shuffle, Heel switches

- 1-2 . Rock back on the right foot. Recover onto the left foot.
- 3-4 . Moving forward, pivot a half turn counter clockwise on the left foot stepping back on the right foot. Pivot a half turn counter clockwise on the right foot and step forward on the left. (this will make a full turn going forward)
- 5&6 . Step forward on the right foot. Step the left foot next to the right. Step forward on the right foot.
- 7&8& . Touch the left heel forward. Step the left foot next to the right. Touch the right heel forward. Step the right foot next to the left.

Step, Quarter turn, Step, Quarter turn, Wizard step, Wizard step

- 9-10 . Step forward on the left foot. Turn a quarter turn to the right.
- 11-12 . Step forward on the left foot. Turn a quarter turn to the right.
- 13-14& . Step forward at an angle on the left foot. Step the right foot slightly behind the left. Step the left foot slightly to the side.
- 15-16& . Step forward at an angle on the right foot. Step the left foot slightly behind the right. Step the right foot slightly to the side. (Note: the "&" at the ends of 13-14 and 15-16 denote this is where the syncopation is.

Rock, Recover, Coaster step, Stepping heel split forward, Stepping heel split back

- 17-18 . Rock forward on the left foot. Recover onto the right foot.
- 19&20 . Step back on the left foot. Step the right foot next to the left. Step forward on the left foot.
- 21&22 . Step forward on the right foot (put weight onto the balls of both feet. Split the heels apart. Bring the heels together.
- 23&24 . Step back on the right foot (weight onto the balls of the feet). Split the heels apart. Bring the heels together.

Stomp, Kick, Shuffle in place*, Stomp, Kick, Shuffle in place*

- 25-26 . Stomp the right foot next to the left. Kick the right foot forward.
- 27&28 . Step back on the right foot. Step the left foot next to the right. Step in place on the right foot. (*for styling, substitute a coaster step.)
- 29-30 . Stomp the left foot next to the right. Kick the left foot forward.
- 31&32 . Step back on the left foot. Step the right foot next to the left. Step in place on the left foot. (*for styling, substitute a coaster step.)

Vine, Heel jack, Weave, Heel jack

- 33-34 . Step the right foot to the side. Step the left foot behind the right.
- &35&36 . Step the right foot to the side. Touch the left heel forward at an angle. Step the left foot next to the right. Step the right foot across the left. (Note: The left foot can be stepped behind the right.)
- 37-38 . Step the left foot to the side. Step the right foot behind the left.
- &39&40 . Step the left foot to the side. Touch the right heel forward at an angle. Step the right foot next to the left. Step the left foot across the right. (Note: The right foot can be stepped behind the right.)

Step, Half turn, Step, quarter turn, Walk, Walk, Rock, Recover

- 41-42 . Step forward on the right foot. Turn a half turn to the left.

- 43-44 . Step forward on the right foot. Turn a quarter turn to the left.
- 45-46 . Step forward on the right foot. Step forward on the left foot.
- 47-48 . Rock forward on the right foot. Recover on the left foot.

Start again...

Contact: ptesper@gmail.com On Facebook at The Redneck Revolution (of music and dance with Pat Esper)
