

Roots

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Chris Jackson (UK) - August 2013
音乐: Roots - Show of Hands : (Album: 'Witness')



16-count intro. 2 restarts

RIGHT LOCK-STEP SCUFF, LEFT LOCK-STEP SCUFF, FORWARD AND BACK AND STEP-TURN-CROSS

- 1&2&3&4& Step forward right on Right diagonal, lock left behind right, step forward right, scuff left forward, step forward left on Left diagonal, lock right behind left, step forward left, scuff right forward
- 5&6&7&8 Rock forward on right, recover on to left, rock back on right, recover on to left, step forward right, pivot a quarter turn to your Left, cross right over left

AND BEHIND AND IN FRONT AND BEHIND AND RONDE OVER 2, BEHIND-SIDE-CROSS, RONDE, WALK RIGHT, LEFT

- &9&10&11-12 Step left to Left side, right behind left, left to Left side, cross right over left, left to Left side, right behind left, ronde left from front to back over a count of 2
- 13&14,15,16 Step left behind right, right to Right side, cross left over right, ronde right from back to front, walk right, left

STEP-TURN-STEP, WALK LEFT, RIGHT, FORWARD AND BACK AND STEP-TURN-CROSS

- 17&18, 19,20 Step forward right, pivot a half turn to your Left, step forward right, walk left, right
- 21&22&23&24 Rock forward on left, recover on to right, rock back on left, recover on to right, step forward left, pivot a quarter turn to your Right, cross left over right

AND BEHIND AND IN FRONT AND BEHIND AND RONDE, BEHIND-SIDE-CROSS, WALK LEFT, RIGHT

- &25&26&27-28 Step Right to right side, left behind right, right to Right side, cross left over right, right to Right side, left behind right, ronde right from front to back over a count of 2
- 29&30,31,32 Step right behind left, left to Left side, cross right over left, ronde left from back to front, walk left, right

LEFT AND RIGHT AND PIVOT HALF-TURN, TOUCH AND HEEL AND TOUCH AND STEP

- 33&34&35,36 Touch left heel forward, step left next to right, touch right heel forward, step right next to left, step forward left, pivot a half turn to your Right
- 37&38&39&40 Touch left next to right, step back on left, touch right heel forward, step right next to left, touch left next to right, step back on left, step forward on right

LEFT AND RIGHT AND PIVOT QUARTER-TURN, TOUCH AND HEEL AND TOUCH AND TAP

- 41&42&43,44 Touch left heel forward, step left next to right, touch right heel forward, step right next to left, step forward left, pivot a quarter turn to your Right
- 45&46&47&48 Touch left next to right, step back on left, touch right heel forward, step right next to left, touch left next to right, step back on left, tap right toe next to left

Restarts:-

Wall 2 – Dance up to Step 31. Replace Step 32 with Touch right toe next to left and Restart from the beginning (9 o'clock)

Wall 6 – Dance up to Step 24. Restart from the beginning (12 o'clock)

Ending: Wall 10 – Dance up to Step 32 and add an extra Step forward left with arms outstretched to side

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Last Revision - 8th August 2013

