

Let's Roll With It

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Michael Schmidt (DE) - August 2014
音樂: Roll With It - Easton Corbin : (3:27)



SPECIAL TIP: □ Lookin' Out My Back Door - Sunny Cowgirls [113 bpm] (02:17)

Alternates: □

Girls These Days - Adam Brand [111 bpm] (03:15)

Maybe Baby - Amber Joy Poulton [117 bpm] (03:13)

Take It Back - Reba McEntire [112 bpm] (03:16)

Monkey Around - Travis Tritt [109 bpm] (03:12)

Don't Be Stupid - Shania Twain [122 bpm]

Just Between You And Me - The Kinleys [122 bpm] (03:34)

Rowdy Shoutin' Cowboys - Morgan Riley [115 bpm] (03:15)

Info: - Start dancing (after 32 counts) on lyrics - NO Tags, NO Restart

CROSS ROCK, CHASSE ¼ TURN R, STEP ½ TURN R, SHUFFLE L

- 1-2 Cross right over left – Recover onto left
3&4 Step right side – Step left together – ¼ turn right & step right forward (3:00)
5-6 Step left forward – ½ turn right (weight on right) (9:00)
7&8 Step left forward – Step right together – Step left forward

JAZZ BOX CROSS, MONTEREY TURN ¼ TURN R WITH TOUCH

- 1-2 Cross right over left – Step left back
3-4 Step right side – Cross left over right
5-6 Touch right toe side – ¼ turn right onto left & Step right together (12:00)
7-8 Touch left toe side – Touch left beside right (weight on right)

SHUFFLE L, ROCK RECOVER, ½ TURN R, ½ TURN R, ¼ TURN R, TOGETHER

- 1&2 Step left forward – Step right together – Step left forward
3-4 Step right forward – Recover onto left
5 ½ turn right onto left & Step right forward (6:00)
6 ½ turn right onto right & Step left back (12:00)
7-8 ¼ turn right onto left & Step right side (3:00) – Step left together (weight on left)

2 HEEL BOUNCE R, 2 HEEL BOUNCE L, 2 HIP BUMPS L, HIP ROLL CLOCKWISE

- 1-2 Step right slightly diagonally forward & bounce right heel twice (move body slightly right facing 4:30)
&3-4 Step right together & step left slightly diagonally forward & bounce left heel twice (move body facing 1:30)

(Styling-Option: during the heel bounces (1-4): ... tap on the brim of your hat)

- 5-6 Bump hip left twice
7-8 Hip right (roll, start rolling in front clockwise) – Hip left (roll, ending with weight on left)

Repeat, Smile & have Fun

... and why not tap on the brim of your hat and greet the musician or the d-jay

SPECIAL TIP for the song 'Lookin' Out My Back Door – Sunny Cowgirls [113 bpm]' ONLY

On round 7 (6:00) dance the first 8 counts (3:00), then the music slows down. Dance (lets roll with it) up to count 24 in that slow speed. On count 25 (Heel Bounce) (9:00) go back to the originally rhythm / speed. The dance will end up after the first 4 counts in round 8 facing the front wall (12:00). It's fun.

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