

This Is How I Roll

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Brandi Hughes (CAN) - November 2016
音樂: This Is the Way We Roll - MC Hammer : (iTunes, amazon)



Sequence: AAA ABC BC AA ABC B ABC A ABC B AAA

Part A: 32 Counts

Sec 1. Step, Drag, Ball, Swivel, Ball, Step, Drag, Ball, Swivel

1-2 Step Left to Left side (1), Drag Right up beside left (2)
&3&4 Step Right beside left (&), Touch Left toe forward (3), Turn both heels to left side (&), Bring Both Heels back to center (4) (weight right)
&5-6 Step Left beside right (&), Step Right to right side (5), Drag Left up to right (6)
&7&8 Step Left beside right (&), Touch Right toe forward (7), Swivel Both Heels to right side (&), Bring Both Heels back to center (8) (weight left) (12:00)

Sec 2. Kick, Ball, Rock Step (x2), Cross, Back, Out/Out, In/In

1&2& Kick Right forward (1), Step Right beside left(&), Step Left forward (2), Recover weight back on Right (&)
3&4& Kick Left forward (3), Step Left beside right (&), Step Right forward (4), Recover weight back on Left (&)
5-6 Cross Right over left (5), Step Right back (6)
&7&8 Step the Left Heel forward on the left diagonal (&), Step Right Heel forward on the right diagonal (7), Step Left back at center (&), Step Right back at center (8) (12:00)

Sec 3. Ball, Lock Step Forward (x2), Hip Rolls, Knees Out/In, ½ Turn Flick

&1&2 Step Left beside right (&), Step Right forward (1), Lock Left behind right (&), Step Right forward (2) (lock steps to 1:30)
3&4 Step Left forward (3), Lock Right foot behind left (&), Step Left forward (4) (lock steps to 10:30)
5-6 Step Right to right side rolling hip out (5), Step Left to left side rolling hip out (6) (weight on both feet)
7&8 Turn Both knees in to center (7), Turn Both knees out (&) (weight left), Flick right foot behind making ½ left turn (8) (6:00)(weight left)

Sec 4. Cross Mambos (x2), Jazz Box, Touch

1&2 Cross Right over left (1), Recover weight back on Left (&), Step Right beside left (2)
3&4 Cross Left over right (3), Recover weight back on right (&), Step Left beside right (4)
5-6 Cross Right over left (5), Step Left back (6)
7-8 Step Right to right side (7), Touch Left beside right (8) (6:00)

Part B: 16 Counts

Sec 1. Heel Jacks, Out/Out, Lock Step Back

1&2& Tap Left Heel forward on diagonal (1), Step Left side right (&), Cross Right over left (2), Step Left to left side (&)
3&4 Tap Right heel forward on right diagonal (3), Step Right beside left (&), Cross Left over right (4)
5-6 Step Right foot forward on the right diagonal (5), Step Left foot forward on the left diagonal (6)
7&8 Step Right foot back (7), Lock Left foot in front of right (&), Step Right foot back (8)

Sec 2. Side Body Roll, Ball, Step, Point, Ball Cross, Point, Walk, Walk

1-2 Step Left to left side (1), Roll from head to hip (2)
&3-4 Step Right beside left (&), Step Left to left side (3), Point Right toe to right side (4)

- &5&6 Step Right at center (&), Cross Left over right (5), Step Right back (&), Point Left to left side (6)
7-8 Step Left forward (7), Step Right forward (8)

Part C – 16 Counts

Sec 1. Around the world Left (Counterclockwise), Brush, Ball, Brush

- 1-2 Touch Left to left side popping left shoulder to left (1), Start shifting weight over to left dipping down (2) (body at 9:00)
3-4 Shift weight fully to left (in lunge position), Start transitioning weight back over to right Bring weight fully over both feet (squat position) (6:00)
5-6 Start moving body to up toward 3:00 with weight on right foot (5), Finish the circle standing up right at 12:00 weight right
7&8 Brush Left foot beside right (7), Step Left foot beside right (&), Brush Right foot beside left (8)

Sec 2. Around the World Right (Clockwise), Brush, Ball Brush

- 1-2 Touch Right to right side popping right shoulder to right (1), Start shifting weight over to right dipping down (2) (body at 3:00)
3-4 Shift weight fully to right (in lunge position), Start transitioning weight back over to left Bring weight fully over both feet (squat position) (6:00)
5-6 Start moving body to up toward 9:00 with weight on left foot (5), Finish the circle standing up right at 12:00 weight left
7&8 Brush Right foot beside left(7), Step Right foot beside left (&), Brush Left foot beside right(8)

***The music gives you cue through most of it...If it's a standard verse or part of the chorus...its usually A..."Take me to the Bridge" is section B..."Lets make it funky" is Section C. The dance for the most part follows this format.**

Enjoy!!

****This dance is choreographed to the original version on the "Too Legit To Quit" album which is approx 5:50 in length. Other shorter versions are available and have not been tested against this choreography. Please do not alter choreography without choreographers consent. Email: danceinline@shaw.ca**
