

Keep Rollin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Nolwenn BERTIN (FR) - 2016
音樂: Freight Train - Aaron Watson



#32 counts before starting

HEEL & TOUCH X2, TRIPLE STEP FORWARD, STEP TURN RIGHT ¼

1 & 2 Right heel forward, right foot next to left, touch left toe next to right
3 & 4 Left heel forward, left foot next to right, touch right toe next to left
5 & 6 Triple step forward (R-L-R)
7 - 8 Left foot forward, turn ¼ right placing weight on right

CROSS TRIPLE, ROCK STEP, BEHIND SIDE CROSS, TOGETHER, SWIVEL

1 & 2 Cross triple to the right (left foot across right)
3 - 4 Rock right to the right, recover on left
5 & 6 Cross right behind left, Left step to left, cross right over left
7 & 8 Step left beside (weight on both steps), left heel swivel, recover

TRIPLE STEP RIGHT, ROCK STEP BACKWARD, STEP TURN ½, KICK BALL TOUCH

1 & 2 Triple step to the right
3 - 4 Left rock behind, recover
5 - 6 Left step forward, turn ½ right
7 & 8 Left kick forward, step left beside right, touch right next to left

TRIPLE RIGHT & LEFT, HEEL STAND

1 & 2 Diagonal triple step forward (R-L-R)
3 & 4 Diagonal triple step forward (L-R-L)
5 - 6 Stomp right to right side, stomp left to left side (out-out)
7 - 8 Toes lift (weight on heels), recover

Tag (8 counts): at the end of walls 1 and 4, add Heel Bounces on 8 counts

1 - 4 Lift right heel four times
5 - 8 Lift left heel four times

(Variation: Apple Jacks on 8 counts)

START AGAIN AND KEEP SMILING!

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