

Rolling Girl

拍數: 32 牆數: 2 級數: Improver
編舞者: Karianne Heimvik (NOR) - March 2018
音樂: Girl Crush - Little Big Town



[1-8]: walk, pivot ½ turn, coasterstep, walk, pivot ½ turn, coasterstep

1,2,3 step fwd on R, step fwd on L, ½ turn to right stepping fwd on R
4&a step back on L, step R next to L, step fwd on L
5,6,7 step fwd on R, step fwd on L, ½ turn to right stepping fwd on R
8&a step back on L, step R next to L, step fwd on L

[9-16]: rock step, back sweep, coasterstep, walk, walk, walk, fwd&back

1,2,3 rock fwd on R, recover weight on L, sweep and step back on R
4&a sweep and step back on L, step R next to L, step fwd on L
5,6,7 step fwd crossing R over L, step fwd crossing L over R, step fwd crossing R over L
8&a step fwd on L, recover weight on R, step back on L

[17-24]: rock back, rock fwd, ½ turn right, rock step, back sweep, coasterstep ¼ turn

1,2,3 rock back on R, recover weight on L, rock fwd on R
4a recover weight on L, ½ turn to right stepping fwd on R
5,6,7 rock fwd on L, recover weight on R, sweep and step back on L
8&a sweep and step back on R, step L next to R, step fwd on R with ¼ turn to right

[25-32]: side sway, sway, sway, behind,side, cross, 1/4 turn, pivot ½ turn, ½ turn, coasterstep

1,2,3 step R to right with hip sway, recover weight on L with hip sway, recover weight to R with hip sway
4&a step L behind R, step R to right, cross L over R
5,6a,7 ¼ turn to left stepping fwd on L, step fwd on R, ½ turn to left stepping fwd on L, ½ turn to left stepping back on R (start to sweep L back on the 7 count)
8&a step back on L, step R next to L, step fwd on L

Start dance again... feel free to use your arms and body to style and remember to smile..

Contact: kheimvik@hotmail.com