

Back To My Roots

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Going Back to My Roots - Odyssey



Sec 1: Kick, ball side, kick ball side, cross rock, side slide, close.

- 1&2 Kick right foot across left, step ball of right next to left, step left to the side.
3&4 Kick right foot across left, step ball of right next to left, step left to the side.
5 – 6 Rock right foot across left, recover onto left.
7 – 8 Large step to the right side with right (allow left to draw in), close left next to right.

Sec 2: Mashed potatoes back, Jazz Jump, hip roll.

- 1 – 2 Mashed potatoes back as you step back right, left (or any funky walk back).
3 – 4 Mashed potatoes back as you step back right, close left next to right left (or any funky walk back).
&5 – 6 Jump right then left out to the side, hold for count 6.
7 – 8 Roll hips around to left for 2 counts (or right if you prefer).

Sec 3: Crossing samba steps (Botafogos), ¾ volta turn to right

- 1&2 Step right across left, rock left to the side, recover onto right.
3&4 Step left across right, rock right to the side, recover onto left.
5&6 Making a ¾ turn around to the right over 4 counts, step right across left, step left to the side.
&7&8 Step right across left, step left to the side, step right across left.

Sec 4: Forward, side and back rocks, step forward, two ½ Pivot turns left.

- 1&2& Rock left foot forward, recover onto right, rock left foot to the side, recover onto right.
3&4 Rock left foot back, recover onto right, step left forward.
5 – 6 Step right forward, ½ turn left (weight end on left).
7 – 8 Step right forward, ½ turn left (weight end on left).

Option On all the rock steps in section 4 lean forward and down when they sing “back down to earth”

Tags & Restarts

Wall 3: end of section 1 add in 2 heel bounces with feet together bending knees to bounce (4 counts) and Restart dance

Wall 4: Restart after section 1.