

# Back To My Roots

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Ed Lawton (UK) & Adrian Churm (UK) - March 2018  
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), $\frac{3}{4}$ 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  $\frac{3}{4}$  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 $\frac{1}{2}$ 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,  $\frac{1}{2}$  turn left (weight end on left).  
7 – 8      Step right forward,  $\frac{1}{2}$  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.