

Roll it Out

拍數: 32 牆數: 4 級數: Improver
編舞者: Tracey Lynn & Vanessa Johnston (CAN) - April 2018
音樂: Slow Your Roll - Brothers Osborne



(Start with weight on left foot)

Toe Heel Step (x2), Rock & Cross, Rock & ½ Turn

1&2 Touch Right toe beside Left (1), Touch Right heel in front (&), Step onto Right (2)
3&4 Touch Left toe beside Right (3), Touch Left heel in front (&), Step onto Left (4)
5&6 Side Rock onto Right foot (5), Recover onto Left foot (&), Cross Right foot in front of Left (6)
7&8 Side Rock onto Left Foot (7), Recover onto Right foot (&), Pivot ½ turn stepping onto Left foot (8) (turning over Right shoulder)

Shuffle Right, Shuffle Left, Jazz Box ¼ Turn

1&2 Step forward onto Right foot (1), Step together with Left (&), Step forward onto Right (2) (*on a slight 45-degree angle)
3&4 Step forward onto Left foot (3), Step together with Right (&), Step forward onto Left (4) (*on a slight 45-degree angle)
5,6,7,8 Cross Right foot in front of Left (5), Step back onto Left foot (6), Step beside with Right foot making a ¼ turn (7) (turning over Right shoulder), Step together with Left foot (8)

(Restart here on 4th wall)

Hip Bumps (x2), Rock Recover, Full Turn Backward

1,2 Bump Hips to the Right twice (1, 2)
3,4 Bump Hips to the Left twice (3, 4)
5,6 Rock forward onto Right foot (5), Recover onto Left foot (6)
7,8 Step back onto Right foot making a ½ turn (7), Step back onto Left foot making another ½ turn (8) (turning over Right shoulder)

***Easier Option – Instead of doing the full turn backward, for counts 7,8: walk back Right-Left**

Coaster Step, Full Turn Forward, Rock Recover, Coaster Step

1&2 Step back onto Right foot (1), Step beside onto Left foot (&), Step forward onto Right foot (2)
3,4 Step forward onto Left foot making a ½ turn (3), Step forward onto Right foot making another ½ turn (4) (turning over Right shoulder)
5,6 Rock forward onto Left foot (5), Recover onto Right foot (6)
7&8 Step back onto Left foot (7), Step beside onto Right foot (&), Step forward onto Left foot (8)

***Easier Option – instead of doing the full turn forward, for counts 3,4: walk forward Left-Right**

Tag – 8 counts – At the end of the second (2nd) wall: Mambo forward, Mambo back, Sway x4

1&2 Rock forward onto Right foot (1), recover onto Left foot (&), step Right foot beside Left (2)
3&4 Rock back onto Left foot (3), recover onto Right foot (&), step Left foot beside Right (4)
5,6,7,8 Sway hips 4 times, Right (5) – Left (6) – Right (7) – Left (8) (end with weight on Left foot)
(*Happens while facing 6 o'clock)

Restart: On the fourth wall, dance the first 16 counts then restart the dance again (*Happens when you are back to facing 12 o'clock).

Contact countrysoullinedance@gmail.com with any questions!