

Roll With It

拍數: 32 牆數: 4 級數: Improver R&B
編舞者: Marc Mitchell (CAN) - November 2019
音樂: Roll With It - Steve Winwood : (Album: Revolution- The very best of Steve Winwood)



Intro: 32 counts - Direction: CCW

WALK RIGHT, WALK LEFT, OUT, OUT, IN, IN, X2

1-2 Step right forward. step left forward
&3&4 Step right out to side, step left out to side, step right in, step left together
5-6 Step right forward. step left forward
&7&8 Step right out to side, step left out to side, step right in, step left together

KICK BALL CHANGE 1/8 TURN RIGHT, KICK BALL CHANGE 1/8TURN RIGHT, V STEP

1&2 Kick right forward diagonal, touch right back, step left in place
3&4 Kick right forward diagonal, touch right back, step left in place
5-6 Step right forward diagonal (out), step left to left side (out)
7-8 Step right back diagonal (in), step left together (in)

HEEL RIGHT FORWARD DIAGONAL, HOOK RIGHT, SHUFFLE FORWARD DIAGONAL, STEP LEFT FORWARD, RIGHT SIDE 1/4 TURN RIGHT, ANCHOR STEP

1-2 Heel right forward slight diagonal, lift & cross (hook) right in front of left
3&4 Step right forward, step left together, step right forward
5-6 Step left forward, step right to side 1/4 turn to right
7&8 Touch (press) left behind right, recover right, recover weight on left (rocking motion)

POINT RIGHT SIDE, STEP RIGHT BACK, POINT LEFT SIDE, STEP LEFT BACK, 1/4 TURN SWEEP SAILOR RIGHT, LEFT FORWARD MAMBO

1-2 Touch right to right side, step right behind left
3-4 Touch left to left side, step left behind right
5&6 Sweep right back behind left with 1/4 turn to right, step left together, step right forward
7&8 Step left forward, recover right, step left together

***3 TAGS & RESTART: 16 counts after walls 2,6,12: as follows

TOUCH RIGHT FORWARD, TOUCH RIGHT SIDE, TRIPLE STEP , TOUCH LEFT FORWARD, TOUCH LEFT SIDE, TRIPLE STEP

1-2 Touch right forward, touch right to right side
3&4 Step right together with left, step left together, step right together
5-6 Touch left forward, touch left to left side
7&8 Step left together with right, step right together, step left together

PADDLE 1/4 TURN LEFT X 4 (FULL TURN)

1-2 Step right forward, pivot 1/4 turn left with weight left side
3-4 Step right forward, pivot 1/4 turn left with weight left side
5-6 Step right forward, pivot 1/4 turn left with weight left side
7-8 Step right forward, pivot 1/4 turn left with weight left side

*ENDING: Wall 17 (facing 9.00), after 16 counts as follows: step left forward, step right to side 1/4 turn right with attitude, arms extended

*WALL SEQUENCE Facing : 12,9,6,6,3,12,9,9,6,3,12,9,6,6,3,12,9

