

Rolling With The 8

拍數: 16 牆數: 4 級數: High Beginner
編舞者: Karianne Heimvik (NOR) - February 2020
音樂: Naked - BEXAR



Suggestions; - any song with a rolling eight rhythm.

Perfect, by Ed Sheeran

Girl Crush, by Little Big Town

This is a tiny little dance to introduce beginner level line-dancers to the rolling eight count.

(1-8) Walk x2, Ball, Rock/Rec step, Ball , Back Step-Sweep, weave -Sweep-Cross

- 1,2,a Step RF fwd, step LF fwd, step ball of RF next to LF (a),
3,4 rock LF fwd, recover weight onto RF
a,5,6 step ball of LF next to RF (a), step back on RF while sweeping LF from front to back (5), Step
back on LF (6)
a,7,8 step RF to right (a), cross LF over RF, sweep RF from back to front and cross over LF (8)

(9-16) ¼ right turn, Back Rock/Rec, Ball, fwd rock/rec, Ball, back rock/rec, ½ left turn,

Rock/Rec, Ball

- a,1,2 make ¼ turn to right stepping LF back (a), rock RF back, recover weight onto LF
a,3,4 step ball of RF next to LF (a), rock LF fwd, recover weight onto RF
a,5,6 step ball of LF next to RF (a count), rock RF back, recover weight onto LF
a,7,8,a make ½ turn to the left stepping RF back, rock LF back recover weight onto RF, step ball of
LF next to RF (a)

Start again! Enjoy and remember to smile!
