

Easy Rolling

拍數: 16 牆數: 2 級數: Absolute Beginner
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音樂: Naked - BEXAR



Suggestions; any song with a rolling eight rhythm.

Perfect, by Ed Sheeran

Girl Crush, by Little Big Town

(1-8) fwd rockstep, ball, rockstep back, ball, walk, walk, pivot left ¼ turn

1,2a rock RF fwd, recover weight onto LF, step ball of RF next to LF

3,4a rock LF back, recover weight onto RF, step ball LF next to RF

5,6,7,8 step RF fwd, step LF fwd, step RF fwd, make 1/4 turn to the left by shifting weight onto LF

(9-16) cross rockstep,ball, cross rockstep,ball, walk, walk pivot left ¼ turn

1,2a rock RF fwd crossing over LF, recover weight onto LF, step ball of RF next to LF

3,4a rock LF fwd crossing over RF, recover weight onto RF, step ball LF next to RF

5,6,7,8 step RF fwd, step LF fwd, step RF fwd, make 1/4 turn to the left by shifting weight onto LF

End of dance! Enjoy and remember to smile!

A tiny tip: -

On the front and back wall, were you start the dance, the rock steps go to the front and to the back.

On the side walls the rocksteps go to the "side" (or diagonal, but easier to understand that the cross rocks is to the sides)

If you want to make it a little more challenging, you can on the counts 5,6,7,8 make turns

5,6,7,8 make ½ turn to left stepping RF back, make ½ turn to left stepping LF fwd, ststep RF fwd,
make ¼ to left be shifting weight onto LF