

# My Roots

拍數: 28      牆數: 2      級數: High Beginner  
編舞者: Toni Nehila - December 2021  
音樂: Roots - Lathan Warlick & RaelLynn



**[1-8] walk forward R L, Side rock cross R L, Side rock cross L R, Full turn**

1-2            walk forward R And L  
3&4            Side rock cross (rock R recover L as crossing R)  
5&6            Side rock cross (Rock L recover R as crossing L)  
7-8            Full turn

**[9-16] Two hip bumps R, Two hip bumps L, Step forward R 1/4 turn L Step L, Forward R 1/4 turn L step L**

9-10            Two R hip bumps  
11-12            Two L hip bumps  
13-14            step R forward 1/4 turn L step L  
15-16            step R forward 1/4 turn L step L

**[17-24] Step R pivot 1/2 turn weight on L, Step R full turn, Side rock recover R, Side rock recover L**

17-18            step forward R pivot 1/2 turn weight on L  
19-20            step R full turn  
21&22            side rock recover (rock R. on & recover L. on 22 bring R next to L)  
23&24            side rock recover (rock L. on & recover on R. on 23 bring L next R)

**[25-28] Step forward R pivot 1/2 turn, shuffle R L R, shuffle L R L and start new wall.**

25-26            step forward R pivot 1/2 turn  
27-28            shuffle forward R L R, L R L

**There are Two Restarts on walls 3 & 6 after you dance 16 counts**

**Step forward R 1/4 turn left step L**

**Step forward R 1/4 turn left step L**

**Then Restart walk R L**

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