

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
