

Easy Roller 365

拍數: 64 牆數: 4 級數: Phrased Easy Improver
編舞者: Jill Weiss (USA) - May 2023
音樂: Roll It Roll It - Gentry Jones & Mr. Sam



SEQUENCE: AAB AABB AABBB AA (end on flick!)

PART A : 32c (DANCE 365 ALWAYS DONE TWICE)

SIDE TOE STRUT, ROCK BACK, SHUFFLE LEFT, ROCK BACK (LINDY LEFT)

1-2-3-4 Touch R toe to right (1), drop heel with weight (2), rock back on L (3) replace weight to R (4)
5&6 7-8 Step L to left, step R next to L, step L to L, rock back on R, replace weight to L

SIDE TOE STRUT, ROCK BACK, SHUFFLE LEFT, ROCK BACK (LINDY LEFT)

1-2-3-4 Touch R toe to right (1), drop heel with weight (2), rock back on L (3) replace weight to R (4)
5&6 7-8 Step L to left, step R next to L, step L to L, rock back on R, replace weight to L turning to 1:30

TWO TOE STRUTS TO RT DIAGONAL, TOE TOUCHES, FLICK

1-2 Touch R toe forward toward 1:30, drop heel with weight,
3-4 Touch L toe forward toward 1:30, drop heel with weight
5-6-7-8 Touch R toe forward, touch back, touch to R side, flick R foot back behind left

STEP TOUCHES GRADUALLY TURNING RIGHT TO NEW WALL

1-2 Step R to right, touch L next to R with clap gradually turning 1/8 right to 3:00
3-4 Step L to left, touch R next to L with clap completing turn to 3:00
5-6-7-8 Step R to right, touch L with clap, Step L to left, touch R with clap

PART B: 32c

JUMP FORWARD, JUMP BACK (CHANGE WEIGHT TO R)

&1-2-3-4 Small hop forward R-L (&1) Hold or bump for 2-3-4
&5-6-7 Small hop backward R-L (&5) Hold or bump for 6-7, change weight to R (7)
(Option to roll arms forward for counts 1-4 and back toward you for counts 5-7)

LINDY LEFT, LINDY RIGHT

8&1-2-3 Step L to left, step R next to L, step L to left (8&1), rock back on R (2) replace forward to L (3)
4&5-6-7 Step R to right, step L next to R, step R to right (4&5), rock back on L (6), replace forward to R (7)

SHUFFLE FORWARD, ROCK REPLACE, SHUFFLE BACK, ROCK REPLACE, STEP FORWARD

8&1-2-3 Step forward on L, step R next to L, step forward on L (8&1) rock forward on R, replace back to L
4&5-6-7-8 Step back on R, step L next to R, step back on R (4&5) rock back on L, replace forward to R, step forward L

(Option to roll arms forward for counts 8&1, 2, 3 and back toward you for counts 4&5, 6, 7)

½ TURN LEFT WITH SWAY/PADDLE TURNS

1-2-3-4 Step R to right swaying to right turning 1/8 left (1) sway back to L (2) repeat turning 1/8 left (3-4)
5-6-7-8 Repeat 1-4 completing ½ turn to left

Thank you to Shane McKeever for his inspiration for this dance – a perfect floor split to Shane's awesome 2-Step Turn!

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Questions, please contact Jill Weiss at jill@freespindance.com

