

Get Rollin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (NL) - May 2023
音樂: High Time - Nickelback



Intro: Starts after 12 counts. Start with weight on L foot

Note: Restart after 8 counts on wall 8 facing 9 o'clock

[1 - 8] Forward, Hook behind, Back, Hitch, Coaster Step, ½ Turn Pivot, Run LRL

1 & 2 & Step R forward (1), Hook L behind R and Slap L foot with R hand (&),

Step L backwards (2), Hitch R knee and Slap R knee with L hand (&) 12:00

3 & 4 Step R backwards (3), Step L next to R (&), Step R forward (4) 12:00

5 - 6 Step L forward (5), ½ Turn R Step R forward (6) 6:00

7 & 8 Step L forward (7), Step R forward (&), Step L forward (8) 6:00

Styling Options: On counts 5-6 you can hip roll clockwise from R-L as you complete the pivot turn

On counts 7&8 you can boogie walk LRL instead of doing the run LRL

[9 - 16] Cross Rock, Side Rock, Sailor Step, Cross, Side, Cross Mambo Side

1 & 2 & Rock R over L (1), Recover on L (&), Rock R to R side (2), Recover on L (&) 6:00

3 & 4 Cross R behind L (3), Step L to L side (&), Step R to R side (4) 6:00

5 - 6 Cross L behind R and pop R knee (5), Step R to R side and Pop L knee (6) 6:00

7 & 8 Rock L over R (7), Recover on R (&), Step L to L side (8) 6:00

[17 - 24] ¼ Paddle Turn L, Chasse diagonally R, Hip bump Step, Weave

1 & 2 & ¼ Turn L Step R to R side (1), Recover on L (&), ¼ Turn L Step R to R side (2), Recover on L (&) 3:00

3 & 4 Step R into R diagonal leading with R shoulder (3), Close L next to R (&), Step R into R diagonal (4) 3:00

5 & 6 Touch L to L side and push L hip to L (5), Recover on R and bring hips to centre (&), Step L to L side (6), 3:00

7 & 8 & Cross R over L (7), Step L to L side (&), Cross R behind L (8), Step L to L side (&) 3:00

[25 - 32] Touch, Swivel R, Together, Rock Recover, Point Switches, ½ Turn Pivot

1 & 2 Touch R forward (1), Swivel R heel to R side (&), Bring R heel back to centre (2) 3:00

& 3 - 4 Close R next to L (&), Rock L forward (3), Recover on R (4) 12:00

& 5 & 6 Close L next to R (&), Point R to R side (5), Close R next to L (&), Point L to L side (6) 6:00

& 7 - 8 Close L next to R (&), Step R forward (7), ½ Turn L Step L forward (8) 3:00

Restart After 8 counts on wall 8

**START AGAIN AND HAVE FUNNNN
DARE TO BE UNIQUE**