

Dragging These Roots

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Paul McQueen (AUS) - 27 November 2023
音樂: Dragging These Roots - Jelly Roll



Introduction 16 Beats. This Is A 2 Wall Dance

JAZZ BOX WITH TOE STRUTS

1, 2 Step R Toe Across L, Drop R Heel To The Floor,
3, 4 Step L Toe Backward, Drop L Heel To The Floor,
5, 6 Step R Toe To Right Side, Drop R Heel To The Floor,
7, 8 Cross L Toe Across R, Drop L Heel To The Floor, (12.00)

VINE RIGHT & TOUCH, VINE LEFT & TOUCH

1, 2 Vine: Step R To The Right Side. Step L Behind R,
3, 4 Step R To The Right Side, Touch L Toe Beside R,
5, 6 Vine: Step L To The Left Side, Step R Behind L,
7, 8 Step L To The Left Side, Touch R Toe Beside L, (12.00)

TWO ¼ TURN MONTEREYS

1, 2 Touch R Toe To Right, Turn ¼ Right As You Step R Next To L, (3.00)
3, 4 Touch L Toe To Left Side, Step L Next To R,
5, 6 Repeat Counts 1-2 Above, (6.00)
7, 8 Repeat Counts 3 -4 Above,

HEEL STRUT, HEEL STRUT, HEEL STRUT, HEELSTRUT

1, 2 Strut: Step R Heel Forward, Drop R Toe To The Floor,
3, 4 Strut: Step L Heel Forward, Drop L Toe To The Floor,
5, 6 Strut: Step R Heel Forward, Drop R Toe To The Floor,
7, 8 Strut: Step L Heel Forward, Drop L Toe To The Floor (6.00)

[32] Repeat The Dance In The New Direction

Restarts Are On Wall 5 And Wall 11: Dance To Ount 16, And Restart

Tags Are At The End Of Walls 1, 6, & 12. Add The Following Steps:

1, 2 Slow Paddle: Step R Forward, Hold,
3, 4 Turn ¼ Left Take Weight Onto L, Hold,
5, 6 Slow Paddle: Step R Forward, Hold,
7, 8 Turn ¼ Left Take Weight Onto L, Hold,

This Dance Was Designed For My Beginner Classes, Giving Them Practice With Various Struts - Across, Backward, Sideways And Forward.
The Dance Also Gives ¼ Turn Monterey Practice.

Contact Details

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