

My Roots

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alexis Strong (UK) - July 2024
音樂: Roots - Calum Scott



Start On Lyrics

ALSO ALTERNATIVE SPLIT FLOOR WITH ROY & RAYMONDS IMPROVER DANCE ROOTS

[1-8] ROCK BACK RECOVER, WALK R, FORWARD LEFT LOCK STEP, R FORWARD ROCK RECOVER, 1/4 SAILOR STEP.

1,2,3 Rock Back On R (1) Recover Fwd On L (2) Step Fwd On R (3)
4&5 Step L Fwd (4) Lock R Behind L (&) Step L Fwd (5)
6-7 Rock Fwd On R (6) Recover On L (8)
8&1 Making 1/4 Turn R, Cross R Behind L (8) Step L To L (&) Step R To R (1) 3:00

[9-16] HOLD, SIDE BALL STEP, 1/4 FLICK, STEP R FWD, 1/2 TURN, R BACK LOCK STEP.

2- HOLD (2)
&3-4 Close L To R (&) Step R To R (3) Making 1/4 Turn L, Step On L, Flick R (4) 12:00
5-6 Step Fwd On R (5) Making 1/2 Turn R, Step Back On L (6) 6:00
7&8 Step Back On R (7) Lock L Over R (&) Step Back On R (8)

[17-24] L BACK ROCK RECOVER, L SCISSOR CROSS, STEP 1/4 TURN L, CROSS R SHUFFLE.

1-2 Rock Back On L (1) Recover Fwd On R (2)
3&4 Rock L To L (3) Step On R (&) Cross L Over R (4)
5-6 Making 1/4 Turn L, Step On R (5) Step L To L (6) 3:00
7&8 Cross R Over L (7) Step L To L (&) Cross R Over L (8)

[25-32] SIDE ROCK RECOVER LEFT, 1/2 SAILOR STEP, R FWD ROCK RECOVER, 1/2 TURN, 1/2 TURN.

1-2 Rock L To L (1) Recover On R (2)
3&4 Making 1/2 Turn L, Cross L Behind R (3) Step R To R (&) Step L To L (4) 9:00
5-6 Rock R Fwd (5) Recover On L (6)
7-8 Making 1/2 Turn R, Step On R (7) 3:00 1/2 Turn Step On L (8) 9:00 Travelling Back

**Step Change & Restart Walls 2,5 & 9 After Count 14 Add Walk Back R Walk Back L
Then Restart.**

END DANCE ON WALL 11 BY ADDING TOUCH R TOE BEHIND L UNWIND TO 12:00

ENJOY