

Take Me to My Roots

拍數: 32 牆數: 2 級數: Easy Improver
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音樂: Roots - Calum Scott



INTRO : 16 counts

3 Restarts : Wall 2, after 16 Counts, facing 12h
Wall 6, after 16 Counts, facing 12h
Wall 9, after 16 Counts, facing 6h

Section 1 (1 – 8) Heel Switches R & L, Step R to right side, ¼ turn left, R shuffle forward, ¼ turn right & step L to left side, step R behind L

1 & 2 & R heel forward (1), step R next to L (&), L heel forward (2), step L next to R (&)
3 - 4 Step R to right side (3), ¼ turn left and step L (4)
5 & 6 R shuffle forward (R, L, R) (5 & 6) (Facing 9h)
7 – 8 ¼ turn right & step L to left side (7), step R behind L (8) (facing 12h)

Section 2 (9 – 16) Recover on L, ¼ turn left by stepping back on R, ¼ turn left & step L, ¼ turn left & step R forward, L lockstep back (LRL), ¼ right & step R forward, step L forward

1 - 2 Recover L (L across R in front, facing 12h) (1), ¼ turn left by stepping back on R foot (facing 9h) (2)
3 - 4 ¼ turn left by stepping on L (facing 6h) (3), ¼ turn left & step R forward facing 3h (4)
5 & 6 Lockstep back (L, R, L) (5 & 6) (Styling : lockstep back can be on a slight diagonal)
7 - 8 ¼ turn right & step on R facing 6h (7), step L forward, (Styling: can be slightly across R) (8) (facing 6h)

Restart here after 16 counts on Wall 2, 6 & 9

Section 3 (17 – 24) On the ball of the L foot & toe of the R foot : Swivel ¼ right (facing 9h), Swivel ¼ left (facing 6h), Swivel ¼ right (facing 9h). Then draw R towards you next to L, quick weight change to the R foot & flick L behind, Left shuffle forward (L, R, L), Step R forward & ¼ pivot turn left & recover on L

On the ball of the L foot & toe of the R foot (1 – 3) :

1 - 2 Swivel ¼ right facing 9h (1) & swivel ¼ left facing 6h (2)
3 - 4 Swivel ¼ right facing 9h (3) & then draw R towards you next to L, quick weight change to the R foot with a flick of the L behind (4)
5 & 6 L Shuffle forward (L, R, L) (5 & 6)
7 - 8 Step R forward (7), ¼ pivot turn left & recover on L (8) (Facing 6h)

Section 4 (25 – 32) Cross Shuffle to the left side (R, L, R), Side Rock L to left, recover on R, step L behind R, step R to right side, Cross L over R in front, step R out to the side of L & swivel heels to the right & then to the left.

1 & 2 Cross Shuffle R over L to the left side (R, L, R) (1 & 2)
3 - 4 Side rock L to the left (3), recover on R (4)
5 & 6 Step L behind R, step R to right side & cross L over R in front (5 & 6),
7 - 8 Step R beside L & Swivel heels to the right (7), Swivel heels to the left. (8) (Facing 6h)

ENJOY!!