

Roots EZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Su Law (USA) - November 2024
音樂: Roots - Calum Scott



Intro: 16 counts

***3 Restarts – Wall 2, Wall 6, and Wall 9 after 16 counts.

S1: Lindy R, Lindy L.

1&2 RF Shuffle to R
3 - 4 LF Rock Back, RF Recover
5&6 LF Shuffle to L
7 - 8 RF Rock Back, LF Recover

S2: Step Lock, Forward Shuffle. Step Lock, Forward Shuffle.

1 - 2 diagonal R - RF Forward, LF behind RF
3&4 Shuffle Forward R, L, R
5 - 6 diagonal L - LF Forward, RF behind LF
7&8 Shuffle Forward L, R, L

S3: Jazz Box with 1/4 Turn Right. Grapevine with Cross.

1 - 2 Cross RF over LF, LF Back
3 - 4 RF Turn 1/4 right, Cross LF over RF
5 - 6 RF Side, LF behind RF
7 - 8 RF Side, Cross LF over RF

S4: R Side Rock, Recover, Cross Shuffle. Side Rock, Recover, Behind Side Cross.

1 - 2 Rock RF to right, Recover LF
3&4 Cross RF over LF, Close LF next to RF, Cross RF over LF
5 - 6 Rock LF to left, Recover RF
7&8 LF behind RF, RF Side, LF cross RF

You can combine this dance with another dance (“Roots” – Improver Level by Roy Verdonk & Raymond Sarlemijn) into a split-floor dance.

SuLaw1@Hotmail.com