

Rollin' Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Daniel Browne (USA) - February 2025
音樂: Me Time - Brooke Graham



Count In: 32 Count, dance begins on lyrics.

[1 – 8] Roll back (Full Turn Back), Coaster step, Walk, Walk, Sway, Sway

1 – 2 ½ turn right stepping R forward (1), ½ turn right stepping back on L (2) 12:00
3 & 4 Step R back (3), Step L next to R (&), Step R forward (4) 12:00
5 – 6 Walk forward L (5), Walk forward R (6) 12:00
7 - 8 Sway L (7), Sway R (8) 12:00

[9 – 16] Heel Grind ¼, Coaster Step, Step-Lock-Step, Step, ½ Pivot, Step/Prep

& 1 Sway L (&), R Heel Grind ¼ right (1) 3:00
2 & 3 Step R back (2), Step L next to R (&), Step R forward (3) 3:00
4 & 5 Step L forward (4), Step R behind L (&), Step L forward (5) 3:00
6 - 8 Step forward R (6), ½ turn left stepping forward on L (7), Step forward on R (prep) (8) 9:00

[17 – 24] Full Turn, Triple, Step, 1/4 turn, Cross and Cross

1 - 2 ½ turn right stepping back on L (1), ½ turn right stepping forward on R (2) 9:00
3 & 4 Step L forward (3), Step R next to L (&), Step L forward (4) 9:00
5 - 6 Step forward R (5), ¼ pivot left stepping onto L (6) 6:00
7 & 8 Cross R over L (7), Step L to side (&), Cross R over L (8) 6:00

[25 – 32] Scissor, Scissor ¼ left, Step-Lock-Step, Rock, Recover

1 & 2 Side Rock L (1), Step R next to L (&), Cross L over R (2) 6:00
3 & 4 Side Rock R (3), Step L next to R (&), ¼ left stepping forward on R 3:00
5 & 6 Step L forward (5), Step R behind L (&), Step L forward (6) 3:00
7 - 8 Rock forward R (7), Recover L (8) 3:00
