

Let It Roll!

拍數: 0 牆數: 0 級數:
編舞者: Gerard Murphy (CAN)
音樂: Let the Good Times Roll - Three Mo' Tenors



Sequence: AB, ABB, AA, A (1-16), BB, A (1-8), A, A until you slowly end at front wall

PART A

STEP, TOUCH & HEEL & TOUCH, WALK, WALK, SHUFFLE FORWARD

1-2&3&4 Step right foot slightly forward, touch left next to right, step left back in place, touch right heel forward, step right back in place, touch left next to right
5-6 Walk forward - left, right
7&8 Shuffle forward - left, right, left

STEP, KICK BALL CHANGE, ½ PIVOT, KICK & KICK & STEP

1-2&3 Step on right, kick left forward, step on ball of left, step on right
4-5 Step left forward, pivot ½ turn right (weight onto right)
6&7&8 Traveling slightly forward - kick left, step on left, kick right, step on right, step on left

ROCK RECOVER, BALL CROSS, ¼ STEP, ¼ STEP, ROCK RECOVER STEP

1-2 Cross rock right over left, recover onto left
&3 Step right slightly to right, cross step left over right
4-5 Step right to right making ¼ turn left, step left to left making ¼ turn left (so a ½ turn in total)
6-7-8 Cross rock right over left, recover onto left, step right slightly to right

CROSS POINT, SAILOR, ¼ SAILOR, ½ PIVOT

1-2 Cross step left over right, point right to right
3&4 Sailor step - right, left, right
5&6 Sailor step making a ¼ turn left - left, right, left
7-8 Step right forward, pivot ½ turn left (weight onto left)

PART B

1-4 Step right forward and hold (freeze, pose, bump right hip, play, or whatever!)
5-8 Step left forward and hold (freeze, pose, bump left hip, play, or whatever!)
9-12 Step right forward making ¼ turn left and hold (weight. Onto right) (freeze, pose, bump right hip, play, or whatever!)
13-16 Side step to left - left, right, left; touch right next to left