

Roll Back The Rug

拍數: 32 牆數: 4 級數: Improver
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音樂: Roll Back The Rug - Scooter Lee



SIDE SHUFFLE RIGHT, ROCK, RECOVER, SIDE SHUFFLE LEFT, POINTS

1&2 Step right foot to right, step left foot next to right foot, step right foot to right
3-4 Rock left foot slightly behind right foot, shift weight back onto right foot
5&6 Step left foot to left, step right foot next to left foot, step left foot to left
7-8 Point right foot across left foot, point right foot right

Option: you can do kicks on 7-8, instead of points

SAILOR STEP, SHUFFLE LEFT FORWARD, STEP, ½ TURN LEFT, SHUFFLE RIGHT FORWARD

1&2 Cross right foot behind left foot, step left foot left, step right foot slightly right diagonal forward
3&4 Step left foot forward, step right foot next to left foot, step left foot forward
5-6 Step right foot forward, pivot ½ turn left (weight is on left foot)
7-8 Step right foot forward, step left foot next to right foot, step right foot forward

SWIVEL LEFT, CLAP, KICK BALL STEP, ROCK, RECOVER

1-2 Close left foot to right foot and swivel heels left, swivel toes left
3-4 Swivel heels left, clap hands
5&6 Kick right foot forward, step right foot next to left foot, step left foot forward
7-8 Rock right foot forward, shift weight back onto left foot

TRIPLE ½ TURN RIGHT, ½ TURN, ½ TURN, ¼ TURN SIDE SHUFFLE LEFT, ROCK, RECOVER

1&2 Triple ½ turn right stepping right, left, right
3-4 ½ turn right step back on left foot, ½ turn right step forward on right foot
5&6 ¼ turn right shuffle to left side left, right, left
7-8 Rock right foot slightly behind left foot, shift weight back onto left foot

Easy option: instead of the turns on count 3-4 you can do 2 steps forward left and right

REPEAT