

Roll On

拍數: 48 牆數: 4 級數:
編舞者: Tracie Lee (AUS)
音樂: Keep Me Rocking - Shanley Del



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- 1-4 Touch right toe to right side, step right beside left turning ½ turn right, touch left toe to left side, step left beside right (Monterey turn)
5&6 Kick right, ball change right, left
7-8 Step forward on right, pivot ½ turn left taking weight on left
- 1&2 Shuffle forward right-left-right (this can be done as a full turn left for variation)
3&4 Shuffle forward left-right-left
5-6 Step right heel forward at 45 degrees right, step left heel forward at 45 degrees left
7-8 Step right back to center, step left back to center
- 1-4 Twist both heels out, twist both toes out twist both toe in, twist both heels in
5&6 Shuffle to right side right-left-right
7-8 Kick left foot across right leg twice
- 1-4 Step left to left side & slightly back, step right across in front of left, step left to left side, tap right beside left
5-6 Step right forward at 45 degrees right bumping hips right, hold
7-8 Bump hips left, bump hips right taking weight to right foot
- 1-2 Step forward on left, pivot ½ turn right taking weight to right foot
3-4 Step forward on ball of left, drop left heel to floor
5-6 Stomp right beside left, kick right forward at 45 degrees right
7-8 Step right forward in front of left, pivot ¼ turn left taking weight to left foot
- 1-4 Step right heel forward, drop right toes to floor, step left heel forward, drop left toes to floor
5-8 Step ball of right forward, drop right heel, step ball of left forward, drop left heel

REPEAT
