

Roll With The Punches

拍數: 32 牆數: 4 級數: Improver
編舞者: Jon Peppin (AUS)
音樂: That's the Way - Jo Dee Messina



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- 1&2 Right sailor step - step right behind left, step left to left side, replace weight onto right
3&4 Left sailor step - step left behind right, step right to right side, replace weight onto left
5-6 Step right forward, pivot $\frac{1}{2}$ turn left - placing weight on left
7&8 Right shuffle forward while turning $\frac{1}{2}$ turn left - right-left-right
- &1&2 Step back on left, touch right heel forward, step back on right, touch left heel forward
&3&4 Step back on left, touch right heel forward, step back on right, touch left heel forward
&5&6 Step back on left, right shuffle forward - right-left-right
7-8 Step left forward, pivot $\frac{1}{4}$ turn right - placing weight on right
- 1-4 Push hips - right, right, - left, left
5-8 Roll hips in an anti to the right circular motion - right-left-right-left
- 1&2 Right side shuffle - right-left-right
3-4 Step/rock left across in front of right, rock/replace weight onto right
5&6 Left side shuffle with $\frac{1}{4}$ turn - step left to left side, step right next to left, turning $\frac{1}{4}$ turn left -
step left forward
7-8 Step right forward, pivot $\frac{1}{4}$ turn left - placing weight onto left

REPEAT
