

Rollin Down

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Joe White (USA)
音樂: Cold Hearted - Clay Walker



TOE, TOE, TURN, KNEES OUT & IN, KICK BALL CHANGE, STEP & PIVOT

1-2 Touch right toe forward, touch left toe forward
3 Turn $\frac{1}{4}$ to right
&4 Bring knees out and in
5&6 Right kick ball change
7-8 Step forward on right, turn $\frac{1}{2}$ to left

SIDE SHUFFLE WITH $\frac{1}{4}$ TURN, BACK ROCK STEP, STEP TOGETHER/ROLLING HIPS

9&10 Shuffle right, left, right as you turn $\frac{1}{4}$ to left

These shuffle as moving, you are now at the back wall

11-12 Rock back left, forward right

13-16 Step left to left side, slide right home, step left to left side, slide right home

These steps are done with a rolling of your hips

17-32 Repeat steps 1-16. It will bring you back to your original wall

CROSS AND TOUCHES WITH CLAPS

1-2 Cross right over left and touch your left toe left side & clap
3-4 Cross left over right and touch your right toe right side & clap 2x's
5-6 Cross right behind left and touch your left toe left side & clap
7-8 Cross left behind right and touch your right toe right side & clap 2x's

BACK ROCK STEP, CROSS & UNWIND, SHUFFLE LEFT, RIGHT, LEFT, KICK RIGHT 2X

1-2 Rock back right, forward left
3-4 Cross right over left, unwind $\frac{1}{2}$ turn to left
5-6 Shuffle slightly back left, right, left
7-8 Kick right foot forward 2x's

SYNCOPATED CROSES, KNEE IN, KNEE OUT WITH $\frac{1}{4}$ TURN, FORWARD SHUFFLE LEFT-RIGHT-LEFT

&1-2 Step back right, cross left over right, step right to right side
&3-4 Step back left, cross right over left, touch left to left side
5-6 Bring left knee in towards right knee, bring left knee to left as you turn $\frac{1}{4}$ to left
You are now facing wall right of start
7&8 Shuffle forward left, right, left

CENTIPEDE RIGHT, LEFT CENTIPEDE, BODY ROLLS

1-2 Right centipede (bring right foot up to left)
3-4 Left centipede
5-8 Roll your body or hips for 4 beats

REPEAT