

Rollin' Dice

COPPER KNOB
STEPPERS

拍數: 40 牆數: 2
編舞者: D. T. Moody (USA)
音樂: Rollin' Dice - Silver

級數: Improver line/contra dance



HIP BUMPS/HIP ROLLS

- 1-2 Bump hips to right 2 times
- 3-4 Bump hips to left 2 times
- 5-6 Starting from left side, roll hips counter clock wise
- 7-8 Repeat steps 5-6

KICKBALL CHANGE/HEEL-TOE-TURN

- 1 Kick right foot forward
- & Touch ball of right foot next to left while slightly lifting weight off left foot
- 2 Step weight back down on left
- 3&4 Repeat kickball change
- 5 Touch right heel forward
- 6 Touch right toe back
- 7 Step right foot forward
- 8 ½ left military turn

½ TURN STOMP/KNEE POPS

- 1 Step right foot forward
- 2 ½ left military turn
- 3 Stomp right next to left
- 4 Stomp left next to right and push right knee forward
- 5&6 Switching weight push knees out left-right-left
- 7&8 Switching weight push knees out right-left-right

RIGHT AND LEFT SIDE SHUFFLE

- 1& Step right to right and step left next to right
- 2& Repeat
- 3 Step right to right
- 4 Touch left next to right
- 5&6&7-8 Repeat above to the left

WALK FORWARD/JUMP N JACK TURN CLAP

- 1-2-3-4 Walk forward right-left-right-left
- & Jump slightly and touch right to right
- 5 Step left slightly to left
- 6 Cross right over left
- 7 ½ turn left
- 8 Clap hands

REPEAT
