

Rollin' In Dirt

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christopher Petre (USA)
音樂: Nothin' to Lose - Josh Gracin



SIDE, TOUCH, SIDE, KICK, ROCK, RECOVER, SHUFFLE STEP

1-2 Step right to right side, turning left (10:00) touch left toe behind right heel

Make this a large reaching touch diagonally back with a body twist

3-4 Turning to face front step left to left side, turning right (2:00) kick right forward

5-6 Rock back on right behind left, recover weight onto left

7&8 Shuffle forward right, left, right

For the more enthusiastic dancer, try this syncopated option for counts 2&3

2&3 Rock back on left behind right, recover weight onto right, step left to left side

SIDE, TOUCH, SIDE, KICK, ROCK, RECOVER, SIDE SHUFFLE

1-2 Step left to left side, turning right (2:00) touch right toe behind left heel

Make this a large reaching touch diagonally back with a body twist

3-4 Turning to face front step right to right side, turning left (10:00) kick left forward

5-6 Rock back on left behind right, recover weight onto right

7&8 Side shuffle left (left, right, left)

Again try this syncopated option for counts 2&3

2&3 Rock back on right behind left, recover weight onto left, step right to right side

CROSS ROCK, RECOVER, SIDE, CROSS, SIDE-TOUCH, SIDE TOUCH

1-2 Cross rock right over left, recover weight onto left

3-4 Step right to right side, cross step left in front of right

5-6 Step right to right side, turning slightly to left touch back left toe behind right heel

7-8 Step left to left side, turning slightly right touch back right toe behind left heel

SHUFFLE STEP, MAMBO STEP, BACK, TOUCH, FORWARD ¼ LEFT, TOUCH

1&2 Shuffle forward right, left, right

3&4 Rock forward on left, recover on right, step left in place next to right

5-6 Step back on right, touch left toe next to right

7-8 Step forward on left, turning ¼ left, touch right toe next to left (9:00)

REPEAT