

Rolling "R"

拍數: 44 牆數: 4 級數: Improver
編舞者: Rick Bowen
音樂: Fifty-Fifty Love - Lee Roy Parnell



WALKING STEPS, ½ TURNS, KNEE LIFTS

- 1 Walk forward right
- 2 Walk forward left
- 3 Walk forward right
- 4 Lift left knee
- 5 Left step forward
- 6 Pivot ½ turn left on left foot
- 7 Close with right
- 8 Lift left knee

½ & ¼ TURNS, KNEE LIFTS, CROSS STEP

- 9 Left step forward
- 10 Pivot ½ turn left on left foot
- 11 Close with right
- 12 Lift left knee
- 13 Left foot step forward
- 14 ¼ turn left
- 15 Right cross front
- 16 Left foot step left

THREE ½ TURNS RIGHT

- 17 Step back on right foot, pivoting ½ turn right on ball of left foot traveling to the left
- 18 Step forward with left foot pivoting ½ turn right on ball of right foot, still traveling to the left
- 19 Step back on right foot pivoting ½ turn right on the ball of left foot, still traveling left
- 20 Lift left knee

HIP SHIFTS LEFT & RIGHT; SINGLES & DOUBLES (RUMP BUMPS)

- 21 Shift hips left
- 22 Shift hips left
- 23 Shift hips right
- 24 Shift hips right
- 25 Shift hips left
- 26 Shift hips right
- 27 Shift hips left
- 28 Shift hips right

STEP, CROSS, STEP PATTERN, STOMP, HEEL/TOE SWIVELS

- 29 Left foot step left
- 30 Right cross behind left
- 31 Left foot step left
- 32 Stomp right foot
- 33 Swivel heels right
- 34 Swivel toes right
- 35 Swivel heels right
- 36 Swivel toes right

TWIST SPLITS, ½ TURN PIVOTS

- 37 With weight on ball of left foot and right heel, twist body to right
- 38 Twist back to front
- 39 With weight on ball of left foot and right heel, twist body to right
- 40 Twist back to front
- 41 Right foot step forward
- 42 Pivot ½ left
- 43 Right foot step forward
- 44 Pivot ½ left

REPEAT

Rolling "Right" means "rolling right". The rolling turn is a backward turn which seems to increase the degree of difficulty for some dancers.

On the "Twist Splits", when the body twists to the right, both feet will point to the right. On the next beat rotate back to beginning position.
