

Rolly Poly

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 0 級數:
編舞者: David Camm (AUS)
音樂: Rolly Poly - The Chicks



- 1&2& Jump both feet out, jump both feet together, jump both feet back, slap both hands on thighs
3&4& Step forward on right, scuff left, step forward on left, scuff right
5&6& Cross right over left, step left to left side, rock back to right, cross left over right
7&8 Step right to right side, rock weight to left, cross right over left
- 9-10 Touch left toe to left side (don't take weight), pop right knee (take weight on left)
11&12 Pop left knee (take weight on right), pop right knee (take weight on left), pop left knee (take weight on right)
13&14 Take weight on left as you twist left heel out & step right to right side, step ball of left foot beside right, twist left heel out as you step right to right side
&15-16 Step ball of left foot beside right, twist left heel out as you step right to right side, step left beside right
- 17&18& Step left to left side, step right behind left, step left turning $\frac{1}{4}$ turn left, tap right toe beside left
19&20& Step right to right side, step left behind right, step right to right side, tap left beside right
21&22& Step left to left side, step right behind left, step left turning $\frac{1}{4}$ turn left, hitch right leg turning $\frac{1}{4}$ turn left
23&24& Step right to right side, hitch left leg and turn $\frac{1}{4}$ turn left, turn $\frac{1}{2}$ turn left stepping forward on left, scuff right
- 25&26& Rock forward on right, rock back on left, turn $\frac{1}{2}$ turn right stepping onto right, hitch left leg turning $\frac{1}{4}$ turn right
27&28& Step left to left side, hitch right leg while turn $\frac{1}{4}$ turn right, turn $\frac{1}{2}$ turn right stepping onto right, scuff left foot forward
29&30& Rock forward on left, rock back on right, turn $\frac{1}{2}$ turn left stepping on to left, hitch right turning $\frac{1}{4}$ turn left.
31&32& Step right to right side, hitch left leg turning $\frac{1}{4}$ turn left, turn $\frac{1}{2}$ turn left stepping on to left, step right next to left.

REPEAT
