

I Gotta Roll

拍數: 64 牆數: 4 級數: Improver
編舞者: Sue Bergeron (CAN)
音樂: She Wants to Rock - The Warren Brothers



HEEL TAPPING BODY FACING 2:00

1-4 Turning body to the right (slightly), right foot pointing at 2:00 tap right heel four times

HEEL TAPPING BODY FACING 10:00

&5-8 Swivel to the left on balls of both feet, with left foot pointing at 10:00 tap left heel four times

LEFT HOME, TOUCH RIGHT, HOLD, RIGHT DOWN, TOUCH LEFT, HOLD

&9 Quickly bring left foot home, touch home with right
10 Hold
&11 Bring right heel down (switch your weight), touch home with left
12 Hold
13-14 Rotate hips from left to right
15&16 Bump hips left - right - left

SIDE SHUFFLES WITH ROCK STEP

17&18 Shuffle to the right, (right, left, right)
19-20 Rock step back on left foot, recover on right foot
21&22 Shuffle to the left side, (left, right, left)
23-24 Rock step back on right foot, recover on left foot

TOE - HEELS STEPS

25-26 Step out to the right side on toes of right foot, bring right heel down
27-28 Step out to the left side on toes of left foot, bring left heel down
29-30 Touch home on right toes, step down on right heel
31-32 Touch home on left toes, step down on left heel

SWIVELS (IN PLACE)

33 Turning body slightly to the right pointing toes to the right, step on ball of right foot & swivel heels right
34 Turning body slightly to the left pointing toes to the left, step on ball of left foot & swivel heels left
35-36 Repeat 33-34

SWIVELS WITH TWO QUARTER TURNS

37-38 Small step forward as you as you swivel with both right and left, making a quarter turn left
39-40 Repeat 37-38 (should be facing back wall)

HEEL & TOE TAPS

41-44 Tap right heel forward twice, tap right toes back twice
45-48 Touch right heel forward, tap right toes back, touch right heel forward, tap right toes back

CHARLESTONS WITH QUARTER TURN

49-52 Step right forward, kick left forward clapping, step home on left, touch back on right clapping
53-56 Turning a quarter turn to the right stepping forward on right, kick left foot forward clapping, step home on left, touch home with right clapping

RIGHT & LEFT VINES WITH HEEL TAP FORWARD

57-60

Step right to side, step left behind right, step right to side, touch left heel forward

61-64

Step left to side, cross right behind left, step left to side, touch right heel forward

REPEAT
