

High Rolling

拍數: 48 牆數: 4 級數:
編舞者: Marty Hannah (USA)
音樂: High Rollin' - Gibson/Miller Band



SLIDE, SHUFFLE FORWARD RIGHT

- 1 Right foot slide forward (face 2:00)
- 2 Left foot slide behind right foot
- 3 Step forward on the heel-ball of the right foot
- & Bring the ball of the left foot up to the heel of the right foot
- 4 Step forward on the heel-ball of the right foot

SLIDE, SHUFFLE FORWARD LEFT

- 5 Left foot slide forward (face 10:00)
- 6 Right foot slide behind left foot
- 7 Step forward on the heel-ball of the left foot
- & Bring the ball of the right foot up to the heel of the left foot
- 8 Step forward on the heel-ball of the left foot

JAZZ BOX

- 9 Step forward with the right foot (12:00)
- 10 Step across in front of the right foot with the left
- 11 Uncross legs as you step straight back with the right foot
- 12 Step to left side with left foot as you pivot ¼ turn to the left off right foot
- 13 Step forward with the right foot
- 14 Step across in front of the right foot with the left foot
- 15 Uncross your legs as you step straight back with the right foot
- 16 Step left foot beside right foot

RIGHT KICK, BALL, CHANGE

- 17 Kick right foot forward
- & Step right ball of foot beside left foot, while slightly lifting left foot off floor
- 18 Step left foot down in place beside right foot
- 19 Kick right foot forward
- & Step right ball of foot beside left foot, while slightly lifting left foot off floor
- 20 Step left foot down in place beside right foot

STEP, PIVOT ½ TURN LEFT, RIGHT KICK BALL CHANGE

- 21 Step right ball of foot forward (leave left leg extended back, left toe/ball still touching floor)
- 22 Pivot left ½ turn (start pivot on ball of right foot and finish with weight to ball of left foot, right leg still extended back with right toe/ball still touching floor)
- 23 Kick right foot forward
- & Step right ball of foot beside left foot, while slightly lifting left foot off floor
- 24 Step left foot down in place beside right foot

TOUCH AND TURN

- 25 Touch right foot across left
- 26 Bring right foot across left and touch to right side
- 27 Touch right foot again to left side
- 28 Push off with right foot and turn left on left foot ½ turn facing (9:00)
- 29 Touch right foot across left foot

- 30 Bring right foot across left and touch to right side
- 31 Touch right foot again to left side
- 32 Push off with right foot and turn left on left foot ½ turn facing (3:00)

GRAPEVINE RIGHT, TURN, TOUCH

- 33 Step right foot to right side
- 34 Step left foot across behind right foot
- 35 Step right foot to right side into ½ turn
- 36 Touch left foot beside right foot (weight is on right foot)

GRAPEVINE LEFT, TOUCH

- 37 Step left foot to left side
- 38 Step right foot across behind left foot
- 39 Step left foot to left side
- 40 Touch right foot beside left foot (weight is on left foot)

SAILOR STEPS

- 41 Cross right foot behind left foot
- & Step side left
- 42 Step side right (lean right through pattern)
- 43 Cross left foot behind right
- & Step side right
- 44 Step side left, (lean left through pattern)
- 45 Cross right foot behind left foot
- & Step side left
- 46 Step side right, (lean right through pattern)
- 47 Cross left foot behind right
- & Step side right
- 48 Step side left, (lean left through pattern)

REPEAT
