

Body Roll 2000

COPPER KNOB
CHOREOGRAPHY

拍數: 96 牆數: 4 級數: Advanced
編舞者: Mark Hood (UK) & Douglas Semple (UK)
音樂: All Out of Love - Newton



MAMBO ROCKS

1 Rock right to the right
& Rock left in place
2 Step right in place
3 Rock left to left
& Rock right in place
4 Step left in place
5 Rock right back
& Rock left in place
6 Step right in place
7 Rock left forward
& Rock right in place
8 Step left in place

MONTEREY TURN

9 Touch right to the right
10 Step right in place with $\frac{1}{2}$ turn
11 Touch left to the left
12 Touch left beside right

STEP, SIDE BODY ROLL, SIDE BODY ROLL $\frac{1}{4}$, TOGETHER

13 Step left to the left
14 Roll the body to the left
15 Roll the roll to the right with $\frac{1}{4}$ to the left
16 Step right beside left

JAZZ JUMP, CLAP, CROSS, UNWIND

17 Jump back left then right
18 Clap
19 Cross right over left
20 Unwind $\frac{3}{4}$ to the left

KICK, & STEP, TURN, BODY ROLL FORWARD, HITCH, TURN

21 Kick right forward
& Step right back
22 Turn $\frac{1}{2}$ right
23-26 Body roll forward
27 Hitch left
28 Turn $\frac{3}{4}$ to the left

APPLEJACKS, HOLD, APPLEJACKS, HOLD

29 Take weight on right toe and left heel swivel right toe and left heel to the left
& Return both feet to center
30 Take weight on left heel and right toe swivel left toe and right toe to the right
& Return both feet to center
31 Take weight on right toe and left heel swivel right toe and left heel to the left

- 32 Hold
33 Take weight on left heel and right toe swivel left toe and right toe to the right
& Return both feet to center
34 Take weight on right toe and left heel swivel right toe and left heel to the left
& Return both feet to center
35 Take weight on left heel and right toe swivel left toe and right toe to the right
36 Hold
& Return both feet to center

STEP, TOUCH, COASTER KICK, CROSS, UNWIND, BODY ROLL

- 37 Step left forward
38 Touch right behind left heel
39 Step back right
& Step left beside right
40 Kick right forward
41 Cross right over left
42 Unwind $\frac{3}{4}$ left
43-44 Body roll forward (2 count)

SAILOR STEP, CROSS, UNWIND, SIDE SHUFFLE, CROSS, UNWIND

- 45 Step right behind left
& Step left to the left
46 Step right in place
47 Cross left behind right
48 Unwind full turn
49 Step right to the right
& Step left beside right
50 Step right to the right
51 Cross left behind right
52 Unwind $\frac{1}{2}$

CHARLESTON MASH POTATO

- 53 Step right forward swivel right and left heels to the center
54 Step right back swivel right and left heels to the center
55 Step left back swivel right and left heel to the center
56 Step left forward swivel right and left heel to the center
57 Step right forward swivel right and left heels to the center
58 Step right back swivel right and left heels to the center
59 Step left back swivel right and left heel to the center
60 Step left forward swivel right and left heel to the center

ELECTRIC ROCKS

- 61 Rock back on right raising left foot off the floor
& Recover onto the left
62 Rock back onto the right raising left foot off the floor
63 Rock back on left raising right foot off the floor
& Recover onto the right
64 Rock back onto the left raising right foot off the floor

STEP, PIVOT, HIP, HIP

- 65 Step right forward
66 Pivot $\frac{1}{2}$ to the right
67 Hip bump to the right
68 Hip bump to the left

SIDE SHUFFLE, CROSS UNWIND

69 Step right to the right
& Step left beside right
70 Step right to the right
71 Cross left behind right
72 Unwind full turn

SIDE SHUFFLE, CROSS, UNWIND

73 Step left to the left
& Step right beside left
74 Step left to the left
75 Cross right over left
76 Unwind full turn

BODY ROLLS

77 Body roll to the right
78 Body roll to the left
79 Body roll to the right
80 Body roll to the left

JUMP, CROSS, JUMP, CROSS

81 Jump right and left apart
82 Jump left over right
83 Jump right and left apart
84 Jump left behind right

UNWIND, VAUDEVILLE, HOLD

85 Unwind $\frac{1}{2}$
86 Step right over left
& Step left to the left
87 Touch right heel to the right
88 Hold

WALK

89 Step forward right
90 Step forward left
91 Step forward right
92 Step forward left

HEEL SWITCHES TURNING $\frac{1}{4}$ STOMP

93 Touch right heel forward
& Step right in place turning $\frac{1}{8}$
94 Touch left heel forward
& Step left in place turning $\frac{1}{8}$
95 Touch right heel forward
& Step right in place
96 Stomp left next to right

REPEAT
