

# Body Roll Shuffle

拍數: 32      牆數: 2      級數: Improver  
編舞者: Sho Botham (UK)  
音樂: 18 Wheels and a Crowbar - BR5-49



## LINDY, STEP HOLD, ROCK DIAGONALLY FORWARD, STEP IN PLACE

1&2-3-4      Lindy right (shuffle right-left-right to right, rock left back, step in place right)  
5-6      Step left forward to left diagonal, hold position  
7-8      Rock right forward to left diagonal, step in place left

## SHUFFLE AND TURN AND BODY ROLLS

9&10      Making  $\frac{1}{4}$  turn right shuffle forward right-left-right  
11-12      Step forward left and pivot  $\frac{1}{2}$  turn to right (basketball turn), weight ending on right  
13-16      Place left forward as you commence 2 body rolls (focus is on hip movement - hips forward, relax knees as the hips go backwards and straighten up) weight finishes on right

**Easier option: If body rolls are not your thing then try substituting them with 2 relax and straightening action of the knees with or without subtle transfers of weight from front to back foot (left to right)**

## LINDY FORWARD AND BACKWARD

17&18-19-20      Lindy forward left leading (shuffle forward left-right-left, rock right forward, step in place left)  
21&22-23-24      Lindy backward leading right (shuffle back right-left-right, rock back left, step in place right)

## SHUFFLE AND $\frac{1}{4}$ TURN AND WEAWE

25&26-27-28      Shuffle forward left-right-left, step right forward and pivot  $\frac{1}{4}$  turn left, weight ends on left  
29-32      Weave to left (step right across front of left, step left to left, step right crossed behind left, step left to left)

**REPEAT**

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