

Body Roll Shuffle

COPPER KNOB
STEPSHEETS

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
