

Belly Roll

拍數: 32 牆數: 1 級數: Improver
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Belly Roll - Bobby Smith & Poor Souls



ROCK STEP, PIVOT, LUNGE LEFT, TOUCH, KICK-STEP-TOUCH, TOGETHER, TOE TAPS

- 1-2 Step forward on left foot, rock back onto right foot
& Pivot a $\frac{1}{4}$ turn to the left on ball of right foot
3-4 Take a long step to the left on left foot, drag right foot next to left and touch
5&6 Kick right foot forward, step right foot next to left, touch left heel forward
& Step left foot next to right
7-8 Tap right toe next to left twice

MODIFIED MONTEREY TURN, MONTEREY CROSS, UNWIND, TO THE LEFT MILITARY PIVOT

- 9-10 Touch right toe to the right, pivot a $\frac{1}{2}$ turn to the right on ball of left foot and step right foot next to left
11-12 Touch left toe to the left, cross left foot behind right
13-14 Unwind $\frac{3}{4}$ turn to the left and shift weight to left foot
15-16 Step forward on right foot, pivot a $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot

SIDE STEP RIGHT, BEHIND, ROMP, STEP-CROSS, SIDE STEP LEFT, BEHIND, ROMP, STEP-CROSS

- 17-18 Step to the right on right foot, cross left foot behind right and step
&19 Step back and diagonally to the right on right foot, touch left heel forward and diagonally to the left
&20 Step left foot to home, cross right foot over left and step
21-22 Step to the left on left foot, cross right foot behind left and step
&23 Step back and diagonally to the left on left foot, touch right heel forward and diagonally to the right
&24 Step right foot to home, cross left foot over right and step

UNWIND WITH BELLY ROLL, CROSS, STEP BACK, TOGETHER, TO THE RIGHT MILITARY PIVOT

- 25-28 Slowly unwind $\frac{1}{2}$ turn to the right while rotating belly two full revolutions in a to the right circular motion and shift weight to left foot
29-30 Cross right foot over left and step, step back on left foot
& Step right foot next to left
31-32 Step forward on left foot, pivot a $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot

REPEAT
