

Rollin' With The Flow

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: Rollin' With the Flow - Mark Chesnutt : (CD: CDX, Vol. 427)



Intro: 16 counts / 12 seconds, Start on the word "HEAD"

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- 1-9 SIDE-CROSS ROCK-RECOVER, 1/4 SHUFFLE, STEP, 1/2 PIVOT, RIGHT-LOCK-STEP**
1-2-3 (1)Step right to right, (2)cross rock left over right, (3)recover on right [12]
4&5 (4)Step left quarter turn left [CCW], (&)step right next to left, (5)step left forward [9]
6-7 (6)Step right forward, (7)pivot half turn left [CCW. 3]
8&1 (8)Step right forward, (&)lock left behind right, (1)step right forward [3]
- 10-16 1/4 TURN, BACK ROCK-&SIDE, BEHIND-SIDE-CROSS, SWAY-SWAY**
2-3 (2)Step left forward turning quarter right [CW], (3)rock right behind left [6]
&4 (&)Recover on left, (4)step right to right [6]
5&6 (5)Step left behind right, (&)step right to right, (6)cross left in front of right [6]
7-8 (7)Step right to right swaying hips right, (8)sway hips to left [6]
- 17-24 SWEEP, BEHIND-SIDE-FRONT, SIDE ROCK-&-CROSS, FULL ROLL FORWARD**
1 (1)Turn quarter left [CCW]on ball of right sweeping left out and behind right [3]
2&3 (2)Cross left behind right, (&)step right to right, (3)cross left over right [3]
4&5 (4)Rock right to right, (&)recover on left, (5)cross right over left [3]
6 (6)Step left forward quarter turn left [CCW, 12]
7 (7)On ball of left pivot quarter turn left stepping back on right [CCW, 9]
8 (8)On ball of right pivot half turn left stepping forward on left [3]
- 25-32 STEP-SYNCOPATED JAZZ BOX, SIDE-CROSS ROCK-RECOVER, 3 STEP FULL TURN**
1-2 (1)Step forward right, (2)cross left over front of right [3]
3& (3)Step back on right, (&)step left to left [3]
4-5 (4)Cross right over front of left, (5)step left to left [3]
6-7 (6)Cross rock right over left, (7)recover on left [3]
8 (8)Step right quarter turn right [CW, 6]
& (&)On ball of right pivot quarter right stepping left to left [CW, 9]
- 1 (1)On ball of left pivot half turn right stepping right to right [CW, 3]
Count (1) is the first step of the dance

Start again from count 2 - with a BIG smile

Easy alternative for the last "8&1"

RIGHT SIDE SHUFFLE

- 8&1 (8)Step right to right, (&)step left next to right, (1)step right to right [3]