

Roll With The Wind

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR) - August 2009
音樂: Roll with the Wind - Alexander Rybak : (CD: Fairytales 09)



Intro: Start the dance at vocals after 32 counts. (20 seconds).

(1–8) Side Rock, Ball-Cross, Toe & Heel, Cross, 1/4 Pivot Turn, Shuffle 1/4 Turn.

- 1,2 Step right to the right side (1), Rock (recover) back onto left (2). [12:00]
- &3 Step right next to left (&), Cross left over right (3).
- &4 Touch right toe next to left foot (&), Touch right heel forward on a right diagonal (4).
- 5 Cross right over left (5).
- 6 Pivot ¼ turn right by Stepping back on left foot (6). [3:00]
- 7 Pivot ¼ turn right by Stepping forward on right foot (7). [6:00]
- &8 Step left next to right (&), Step forward on right (8).

(9–16) Step, 1/4 Turn & Cross, 1/4 Pivot Turn, 1/2 Pivot Turn Twice Into Coaster Step 1/4 Turn & Cross, 1/4 Pivot Turn Twice.

- 1&2 Step forward on left (1), Pivot ¼ turn right (&), Cross left over right (2). [9:00]
- 3 Pivot ¼ turn left Stepping back on right (3). [6:00]
- 4 Pivot ½ turn left Stepping forward on left (4). [12:00]
- 5& Pivot ½ turn left Stepping back on right (5), Step left next to right (&). [6:00]
- 6 Pivot ¼ turn right Crossing right over left (6). [9:00]
- 7 Pivot ¼ turn right Stepping back on left (7). [12:00]
- 8 Pivot ¼ turn right Stepping right to right side (8). [3:00]

RESTART: Restart from here on wall 3 & 7 by Stepping left next to right on the next &-count.

(17–24) Cross Rock, Side Rock, Cross Rock 1/4 Turn, Step, 1/4 Turn, Full Turn Pencil Spin.

- 1& Cross left over right (1), Rock (recover) back again onto right (&).
- 2& Step left to left side (2), Rock (recover) back again onto right (&).
- 3& Cross left over right (3), Rock (recover) back again onto right (&).
- 4 Pivot ¼ turn left Stepping forward on left (4). [12:00]
- 5,6 Step forward on right (5), Pivot ½ turn left (6). [6:00]
- 7 Step right next to left and Spin full turn left on ball of both feet (7). [6:00]
- 8 Step forward on left (8).

(25–32) Mambo 1/4 Turn, Hitch & Out, Jump In-Out, Chugg 1/2 Turn.

- 1& Step forward on right (1), Rock (recover) back onto left (&). [6:00]
- 2 Pivot ¼ turn right Stepping right to right side (2). [9:00]
- 3& Hitch left knee across of right leg (3), Ronde/Sweep left knee to left side (&).
- 4 Step left out to left side (4).
- &5 Jump both feet together (&), Jump both feet out (5).
- 6-8 Turn ½ turn left by “Chugging” on right foot (6,7,8). [3:00]

Chugg: Fall heavily on right foot by placing your upper body over right foot. Lift and stomp right foot 3x and turn gradually while chugging.

TAG: To be danced AFTER wall 1 & 4.

(1-2) Step, Hitch, 1/4 Turn & Cross.

- 1& Step right foot forward (1), Hitch left knee (&).
- 2 Pivot ¼ turn left Crossing left over right (2).

