

Going Back To My Roots

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marja Urgert (NL) - April 2012
音樂: Going Back to My Roots - Dr. Victor & The Rasta Rebels



Intro: 32 Counts

Point R, & Touch, Point R Hitch Ball Step, Swivel ¼ R, Swivel ¼ Turn L, Swivel ½ Turn R, R Coaster Step

1&2 Point R to right side, Touch R beside L, Point R to right side
3&4 Hitch R knee, Close R beside L, Step forward on L
5&6 Swivel both heels to left make a ¼ turn right (3:00), Swivel both heels to left make a ¼ turn left (12:00) Swivel both heels to left make a ½ turn right (6:00)
7&8 Step back on R, Close L beside R, Step forward on R

L Shuffle Fwd, Mambo R Fwd With ½ Turn R, Mambo L Fwd With ¼ Turn L, Mambo R Fwd With ½ Turn R

1&2 Step forward on L, Step R beside L, Step forward on L
3&4 Rock forward on R, Recover, ½ turn right step forward on R (12:00)
5&6 Rock forward on L, Recover, ¼ turn left step forward on L (9:00)
7&8 Rock forward on R, Recover, ½ turn right step forward on R (3:00)

Step Lock Step, Shuffle ½ Turn L, ¼ Turn L Chassé L, Cross mambo

1&2 Step forward on L, Cross R behind L, Step forward on L
3&4 Shuffle ½ turn left R,L,R (3:00) ****Tag & Restart**** Wall 5 & 10
5&6 ¼ turn left step L to left side, Close R beside L, Stp L to left side (6:00)
7&8 Cross rock R over L, Recover, Step R to right side

Kick L Diag Over R, Kick R Diag Over L, Mambo L Fwd Step L Back , ¼ Turn R, Flick L Behind R, Step L Side, Cross R Behind L, Touch R Next L

1&2& Kick L diag right, Close L beside R, Kick R diag left, Close R beside L
3&4 Rock forward on L, Recover, Step back on L
5&6 ¼ right step R to right side, Flick L behind R, Step L to left side
7&8 Cross step R behind L, Step L to left side, Touch R beside L (3:00)

TAG & RESTART: During wall 5 (9:00) and wall 10 (6:00) after 20 counts

Dance the first 20 counts, then do 1 count TAG: & Close L beside R, And RESTART the dance

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