

On A Roll

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Don Pascual (FR) - March 2013
音樂: Rosie's On a Roll - Shane Worley



This dance is specially dedicated to the « Chinook Country Line Dancers » of Calgary (Canada)

Start on vocals

Section 1: R step to the R, L beside R, R step to the R, hook L behind R + slap, L step to the L, R beside L, L step to the L, hook R behind L + slap

1-4 R step to the R, L beside R, R step to the R, hook L behind R + slap

5-8 L step to the L, R beside L, L step to the L, hook R behind L + slap

Section 2: R step forward, touch L beside R + snap, L back step , touch R beside L + snap, R back step, touch L beside R + snap, L step forward, touch R beside L + snap

1-4 R step forward (R diagonal), touch L beside R + snap, L back step (L diagonal), touch R beside L + snap

5-8 R back step (R diagonal), touch L beside R + snap, L step forward (L diagonal), touch L beside R + snap

Section 3: Runs forward (R, L, R, L), heel bounces with ¼ T to the R

1-4 4 Little runs forward (R, L, R, L),

5-8 Lift and drop both heels x4 making a ¼ T to the R,

Style: keep your legs slightly bent on count 5 to 8 while making your ¼ T

Section 4: Syncopated jump out forward, clap, syncopated back jump in , clap, (point R to the R, touch R beside L) x2

&1-2 Syncopated forward jump out (Step R forward in R diagonal, step L forward in L diagonal), clap

&3-4 Syncopated back jump in (back R step, step L next to R, ending weight on L), clap

5-8 Point R toe to the R, touch R beside L, point R toe to the R, touch R beside L

Final: Replace the last count of the dance with a ¼ T to the R

Have fun with this dance...

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