

This Is How We Roll

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Rachael McEnaney (USA) - April 2014
音樂: This Is How We Roll (feat. Luke Bryan) - Florida Georgia Line



Count In: 16 counts from start of track, begin on vocals Approx 66 bpm (with slow count – otherwise might show 132bpm).

Notes: There is 1 Restart on 1st wall. Do first 24 counts of the dance – replace count 8 with R cross rock, recover left into 2nd wall, you will be facing 6.00 to start again.

[1 - 8] 2 full turns to R, R nc2 basic, L side rock, L jazz box ¼ L, into weave L

1 & 2 Make ¼ turn right stepping forward right (1), make ½ turn right stepping back left (&), make ½ turn right stepping forward right (2)

Easier options 1-3 (continue from 4)

Middle of road option: Make ¼ turn right stepping forward right (1), make ½ turn right stepping back left (&), make ¼ turn right stepping right to right side (2), cross left over right (&), step right to right side (3)

Easiest option: Step right to right (1), cross left over right (&), step right to right (2), cross left behind right (&), step right to right (3) then continue from count 4' 12.00 3.00

& 3 4 & Make ½ turn right stepping back left (&), make ¼ turn right stepping right to right side (3), close left to right (4), cross right over left (&) 12.00

5 & 6 & Rock left to left side (5), recover weight to right (&), cross left over right (6), make ¼ turn left stepping back right (&) 9.00

7 & 8 & Step left to left side (7), cross right over left (&), step left to left side (8), cross right behind left (&) 9.00

[9 – 16] L side, R cross rock, R side, L cross rock, L side rock, L behind-side-cross with sweep, R cross, L side

1 2 & 3 Step left to left side (1), cross rock right over left (2), recover weight to left (&), step right to right side (3) 9.00

4 & 5 & Cross rock left over right (4), recover weight right (&), rock left to left side (5), recover weight to right (&) 9.00

6 & 7 Cross left behind right (6), step right to right side (&), cross left over right as you sweep right foot to front (7) 9.00

8 & Cross right over left (8), step left to left side (&) 9.00

[17 - 24] R back rock, ½ turn L, L back rock, ¼ turn R, R back rocking chair, R back, L side, R cross shuffle (into next 8)

1 2 & 3 Rock back on right (1), recover weight to left (2), make ½ turn left stepping back right (&) rock back on left (3) 3.00

4 & Recover weight to right (4), make ¼ turn right stepping left to left side (&), 6.00

5 & 6 & Rock back on right (5), recover weight to left (&), rock forward on right (6), recover weight to left (&) 6.00

7 & 8 Step back right (7), step left to left side (&), cross right over left (8) 6.00

RESTART On 1st wall you will restart at this point - replace count 8 with: cross rock right over left (8), recover weight to left (&) 6.00

[25 - 32] (end of R cross shuffle), L cross shuffle with sweep, R cross shuffle, Sway L-R-L, R cross rock

& 1 Step left to left side (&), cross right over left as you sweep left foot to front (1), 6.00

2 & 3 Cross left over right (2), step right to right side (&), cross left over right as you sweep right foot to front (3) travel slightly fwd on cross shuffle 6.00

4 & 5 Cross right over left (4), step left to left side (&), cross right over left (5) travel slightly fwd on cross shuffle 6.00

- 6 & 7 Step left to left side swaying to left (6), rock weight to right swaying to right (&), step left slightly further to left side swaying to left (7) 6.00
- 8 & Cross rock right over left (8), recover weight to left (&) 6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

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