|  |  |
| --- | --- |
| Rolling Rhythm |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 16 | **Wall:** | 4 | **Level:** |  | . |
| **Choreographer:** | Michele Burton (USA) - February 2016 | | | | |
| **Music:** | Girl Crush - Little Big Town | | | | |
| . | | | | | | |

**Intro: 16 cts. Introduction to 'Rolling Rhythm' - 1&a**

**Suggested Songs:Any song with 1&a rhythm**

**Example: Girl Crush by Little Big Town**

**Example: (I) Can't Stop Loving You by Jessta James**

**[1 – 8] WALK FORWARD 3X, FORWARD RETURN BACK, BACK 3 X, COASTER CROSS**

|  |  |
| --- | --- |
| 1 - 3 | Step R forward (1); Step L forward (2); Step R forward (3) |

|  |  |
| --- | --- |
| 4&a | Rock L ball forward (4); Step R ball in place (&); Step L back (a) (feels like a rock return back, or a mambo) |

|  |  |
| --- | --- |
| 5 - 7 | Step R back (5); Step L back (6); Step R back (7) (add a sweep from front to back on each step if desired) |

|  |  |
| --- | --- |
| 8&a | Step L back (8); Step R beside L (&); Step L in front of R (a) |

**[9 – 16] SWAY 3X, VINE LEFT, ROCK STEP AND, ROCK STEP, TURN 1/4 LEFT**

|  |  |
| --- | --- |
| 1 - 3 | Sway R (1); Sway L (2); Sway R (3); |

|  |  |
| --- | --- |
| 4&a | Step L to left (4); Step R behind L (&); Step L to left (a) |

|  |  |
| --- | --- |
| 5,6 a | Rock R in front of L (5); Return weight to ball of L (6); Step R to right (a) |

|  |  |
| --- | --- |
| 7,8 a | Rock L in front of R (7); Return weight to ball of R (8); Turn 1/4 left, step L forward (a) |

**BEGIN AGAIN**

**Choreographer's Note: The purpose of the dance is to introduce beginners to a rolling rhythm. The dance is not choreographed to a specific song, but is choreographed for use with a specific rhythm (1&a).**

**This dance provides dancers with an easy alternative floor split for most intermediate dances choreographed to a rolling rhythm (1&a 2&a)**

**Step Sheet Access: www.michaelandmichele.com**

**Contact: mburtonmb@gmail.com**