

# Rolling Rhythm

**Count:** 16    **Wall:** 4    **Level:**

**Choreographer:** Michele Burton – Feb. 2016

**Music:** Girl Crush by 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](http://www.michaelandmichele.com)

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