

Roll it Out

Count: 32

Wall: 4

Level: Improver

Choreographer: Tracey Lynn & Vanessa Johnston (CAN) - April 2018

Music: Slow Your Roll - Brothers Osborne



(Start with weight on left foot)

Toe Heel Step (x2), Rock & Cross, Rock & ½ Turn

- 1&2 Touch Right toe beside Left (1), Touch Right heel in front (&), Step onto Right (2)
- 3&4 Touch Left toe beside Right (3), Touch Left heel in front (&), Step onto Left (4)
- 5&6 Side Rock onto Right foot (5), Recover onto Left foot (&), Cross Right foot in front of Left (6)
- 7&8 Side Rock onto Left Foot (7), Recover onto Right foot (&), Pivot ½ turn stepping onto Left foot (8) (turning over Right shoulder)

Shuffle Right, Shuffle Left, Jazz Box ¼ Turn

- 1&2 Step forward onto Right foot (1), Step together with Left (&), Step forward onto Right (2) (*on a slight 45-degree angle)
- 3&4 Step forward onto Left foot (3), Step together with Right (&), Step forward onto Left (4) (*on a slight 45-degree angle)
- 5,6,7,8 Cross Right foot in front of Left (5), Step back onto Left foot (6), Step beside with Right foot making a ¼ turn (7) (turning over Right shoulder), Step together with Left foot (8)

(Restart here on 4th wall)

Hip Bumps (x2), Rock Recover, Full Turn Backward

- 1,2 Bump Hips to the Right twice (1, 2)
- 3,4 Bump Hips to the Left twice (3, 4)
- 5,6 Rock forward onto Right foot (5), Recover onto Left foot (6)
- 7,8 Step back onto Right foot making a ½ turn (7), Step back onto Left foot making another ½ turn (8) (turning over Right shoulder)

***Easier Option – Instead of doing the full turn backward, for counts 7,8: walk back Right-Left**

Coaster Step, Full Turn Forward, Rock Recover, Coaster Step

- 1&2 Step back onto Right foot (1), Step beside onto Left foot (&), Step forward onto Right foot (2)
- 3,4 Step forward onto Left foot making a ½ turn (3), Step forward onto Right foot making another ½ turn (4) (turning over Right shoulder)
- 5,6 Rock forward onto Left foot (5), Recover onto Right foot (6)
- 7&8 Step back onto Left foot (7), Step beside onto Right foot (&), Step forward onto Left foot (8)

***Easier Option – instead of doing the full turn forward, for counts 3,4: walk forward Left-Right**

Tag – 8 counts – At the end of the second (2nd) wall: Mambo forward, Mambo back, Sway x4

- 1&2 Rock forward onto Right foot (1), recover onto Left foot (&), step Right foot beside Left (2)
 - 3&4 Rock back onto Left foot (3), recover onto Right foot (&), step Left foot beside Right (4)
 - 5,6,7,8 Sway hips 4 times, Right (5) – Left (6) – Right (7) – Left (8) (end with weight on Left foot)
- (*Happens while facing 6 o'clock)

Restart: On the fourth wall, dance the first 16 counts then restart the dance again (*Happens when you are back to facing 12 o'clock).

Contact countrysoullinedance@gmail.com with any questions!