

# Roll Tide Roll

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** M. Clements - January 2011

**Music:** Ala-Freakin-Bama - Trace Adkins



**Start dance on lyrics**

## **KICK BALL, KICK BALL, RIGHT SIDE TRIPLE, ROCK, RECOVER**

- 1&2 Right kick ball change
- 3&4 Right kick ball change
- 5&6 Chassé side right, left, right
- 7-8 Rock left back, recover to right

## **SHUFFLE FORWARD, STEP, ½ TURN TO THE LEFT, SHUFFLE FORWARD STEP, ½ TURN TO THE RIGHT**

- 1&2 Shuffle forward with left, right, left
- 3-4 Step right forward, ½ turn to the left ending with weight on left
- 5&6 Shuffle forward with right, left right
- 7-8 Step left forward, ½ to the right ending with weight on right

## **LEFT GRAPEVINE, RIGHT GRAPEVINE**

- 1-2 Step left to side, cross right behind left
- 3-4 Step left to side, touch right next to left
- 5-6 Step right to side, cross left behind right,
- 7-8 step right to side, touch left next to right

## **JAZZ BOX, JAZZ BOX ¼ TURN TO THE RIGHT**

- 1 – 2 Cross right over left, step left back
- 3 – 4 Step right to side, step left slightly forward
- 5 – 6 Cross right over left, step left back ¼ turn
- 7 – 8 Step right to side, step left slightly forward

**REPEAT**

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