

Rolling With The 8

Compte: 16

Mur: 4

Niveau: High Beginner

Chorégraphe: Karianne Heimvik (NOR) - February 2020

Musique: Naked - BEXAR



Suggestions; - any song with a rolling eight rhythm.

Perfect, by Ed Sheeran

Girl Crush, by Little Big Town

This is a tiny little dance to introduce beginner level line-dancers to the rolling eight count.

(1-8) Walk x2, Ball, Rock/Rec step, Ball , Back Step-Sweep, weave -Sweep-Cross

- 1,2,a Step RF fwd, step LF fwd, step ball of RF next to LF (a),
- 3,4 rock LF fwd, recover weight onto RF
- a,5,6 step ball of LF next to RF (a), step back on RF while sweeping LF from front to back (5), Step back on LF (6)
- a,7,8 step RF to right (a), cross LF over RF, sweep RF from back to front and cross over LF (8)

(9-16) ¼ right turn, Back Rock/Rec, Ball, fwd rock/rec, Ball, back rock/rec, ½ left turn, Rock/Rec, Ball

- a,1,2 make ¼ turn to right stepping LF back (a), rock RF back, recover weight onto LF
- a,3,4 step ball of RF next to LF (a), rock LF fwd, recover weight onto RF
- a,5,6 step ball of LF next to RF (a count), rock RF back, recover weight onto LF
- a,7,8,a make ½ turn to the left stepping RF back, rock LF back recover weight onto RF, step ball of LF next to RF (a)

Start again! Enjoy and remember to smile!