

# My Roots

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Alexis Strong (UK) - July 2024  
音乐: Roots - Calum Scott



## Start On Lyrics

ALSO ALTERNATIVE SPLIT FLOOR WITH ROY & RAYMONDS IMPROVER DANCE ROOTS

**[1-8] ROCK BACK RECOVER, WALK R, FORWARD LEFT LOCK STEP, R FORWARD ROCK RECOVER, 1/4 SAILOR STEP.**

1,2,3      Rock Back On R (1) Recover Fwd On L (2) Step Fwd On R (3)  
4&5      Step L Fwd (4) Lock R Behind L (&) Step L Fwd (5)  
6-7      Rock Fwd On R (6) Recover On L (8)  
8&1      Making 1/4 Turn R, Cross R Behind L (8) Step L To L (&) Step R To R (1) 3:00

**[9-16] HOLD, SIDE BALL STEP, 1/4 FLICK, STEP R FWD, 1/2 TURN, R BACK LOCK STEP.**

2-      HOLD (2)  
&3-4      Close L To R (&) Step R To R (3) Making 1/4 Turn L, Step On L, Flick R (4) 12:00  
5-6      Step Fwd On R (5) Making 1/2 Turn R, Step Back On L (6) 6:00  
7&8      Step Back On R (7) Lock L Over R (&) Step Back On R (8)

**[17-24] L BACK ROCK RECOVER, L SCISSOR CROSS, STEP 1/4 TURN L, CROSS R SHUFFLE.**

1-2      Rock Back On L (1) Recover Fwd On R (2)  
3&4      Rock L To L (3) Step On R (&) Cross L Over R (4)  
5-6      Making 1/4 Turn L, Step On R (5) Step L To L (6) 3:00  
7&8      Cross R Over L (7) Step L To L (&) Cross R Over L (8)

**[25-32] SIDE ROCK RECOVER LEFT, 1/2 SAILOR STEP, R FWD ROCK RECOVER, 1/2 TURN, 1/2 TURN.**

1-2      Rock L To L (1) Recover On R (2)  
3&4      Making 1/2 Turn L, Cross L Behind R (3) Step R To R (&) Step L To L (4) 9:00  
5-6      Rock R Fwd (5) Recover On L (6)  
7-8      Making 1/2 Turn R, Step On R (7) 3:00 1/2 Turn Step On L (8) 9:00 Travelling Back

**Step Change & Restart Walls 2,5 & 9 After Count 14 Add Walk Back R Walk Back L  
Then Restart.**

**END DANCE ON WALL 11 BY ADDING TOUCH R TOE BEHIND L UNWIND TO 12:00**

**ENJOY**