

Roll It Roll It

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数:
编舞者: Gentry-Jones (USA) & Mr. Sam (USA) - May 2025
音乐: Roll It Roll It (feat. Mr Sam) - Gentry-Jones



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

JUMPS UP AND BACK

1 2 3 4 Jump forward on both feet and do hip bumps

5 6 7 8 Jump back on both feet and do hip bumps

LEANS TO LEFT AND RIGHT

1 2 3 4 Lean to left doing hip bumps

5 6 7 8 Lean to right doing hip bumps

CHA CHA UP AND BACK: WTH ROCKS

1&2 3 4 Shuffle up RLR, rock up on left, recover on right

5&6 7 8 Shuffle back LRL, rock back on right, recover on left

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com