

Roll On

拍数: 32 墙数: 4 级数:
编舞者: Nick Hopwood
音乐: Don't Be Stupid (You Know I Love You) - Shania Twain



MASHED POTATOES WITH WEIGHT ON LEFT, HEEL SWITCHES

& Swivel both heels out swinging right foot slightly forward
1 Swivel both heels in touching right in front of left
& Swivel both heels out swinging right foot back
2 Swivel both heels in touching right behind left
& Swivel both heels out swinging right forward
Weight should be kept on left for the above counts
3& Place right heel forward, step right in place
4& Place left heel forward, step left in place

KICK, BALL-CROSS, SCUFF, STOMP

5& Kick right forward, step down on ball of right
6 Cross left over right
7-8 Scuff right past left, stomp right down crossed over left

SIDE SHUFFLE LEFT, FULL TURN RIGHT

9&10 Side shuffle left on left-right-left
11 Step right behind left making ½ turn right
12 Step left over right making ½ turn right

SIDE SHUFFLE RIGHT, FULL TURN RIGHT

13&14 Side shuffle right on right-left-right
15 Step left over right making ½ turn right
16 Step right behind left making ½ turn right

Both turns are in the same direction of spin, and should be on the spot

HEEL SWITCHES, ¼ TURN RIGHT, HEEL

17& Place left heel forward, step left in place
18& Place right heel forward, step right in place
19 Place left heel forward
20 Pivot ¼ turn right and snake roll right keeping weight on left

BALL-SIDE, BODY ROLL WITH ¼ TURN RIGHT

21 Place left heel forward
&22 Step down on left, touch right to side
23-24 Body roll over 2 beats turning ¼ to right keeping weight on left

BOOGIE WALK BACK, KICK, CROSS, UNWIND, PAUSE

25 Step back on right and bump hips to right
&26 Bump hips to left, bump hips to right
27 Step back on left and bump hips to left
&28 Bump hips to right, bump hips to left
29-30 Kick right forward, cross right over left
31-32 Unwind ¾ to left, pause

Weight should be transferred to left ready to start the dance again

REPEAT

