

Rolling Back

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Willie Brown (SCO) - April 2009
音乐: Rolling Back the Rivers In Time - Girls Aloud



Intro: On verse vocals (approx 55 secs)

S1. KICK BALL CHANGE, HEEL & HEEL, KICK BALL CHANGE, ROCK

1&2 Kick right forward, step right together, step left together (12:00)
3&4& Touch right heel forward, step right together, touch left heel forward, step left together
5&6 Kick right forward, step right together, step left together
7-8 Rock right forward, recover to left

S2. COASTER STEP, ROCK RECOVER, ¼ SWEEP, CROSS POINT

1&2 Step right back, step left together, step right forward
3-4 Rock left forward, recover to right
5-6 Turn ½ left and step left forward, turn ¼ left and sweep right back to front (3:00)
7-8 Cross right over left, point left to side

S3. WEAWE, SAILOR KICK, WEAWE, POINT

1-2 Cross left over right, step right to side
3&4 Cross left behind right, step right to side, kick left diagonally forward
&5-6 Step left together, cross right over left, step left to side
7-8 Cross right behind left, point left to side

S4. CROSS, ¼ TURN, ¼ CHASSE, WEAWE, SAILOR KICK

1-2 Cross left over right, turn ¼ left and step left back
3-4 Turn ¼ left and step left to side, step right together, step left to side (9:00)
5-6 Cross right over left, step left to side
7&8 Cross right behind left, step left to side, kick right diagonally forward

S5. & CROSS, HOLD, & CROSS, ¼, ROCK RECOVER, FULL TURN

&1-2 Step right together, cross left over right, hold
&3-4 Step right to side, cross left over right, turn ¼ right and step right back (6:00)
5-6 Rock left back, recover to right
7-8 Turn ½ right and step left back, turn ½ right and step right forward (6:00)

Easier option for 7-8: walk forward left, right

S6. KICK BALL STEP TWICE, KICK & TOE & TOE & TOUCH BACK

1&2 Kick left forward, step left together, step right forward
3&4 Kick left forward, step left together, step right forward
5&6& Kick left forward, step left together, point right to side, step right together
7&8 Point left to side, step left together, touch right toe back

S7. ¼ STEP, ¼ BALL STEP, SKATE, SKATE, DIAGONAL SHUFFLE

1-2 Turn ¼ right (weight to right), step left forward
3&4 Turn ¼ right (weight to left), step right together, step left forward (12:00)
5-6 Skate right diagonally forward, skate left diagonally forward
7&8 (Facing right diagonal) step right forward, step left together, step right forward (1:30)

S8. & ROCK, RECOVER, ¼ COASTER, ROCK, RECOVER, 5/8 TURN

&1-2 Step left together, rock right forward, recover to left
3&4 Step right back, turn 1/8 left and step left together, turn 1/8 left and step right forward (10:30)

5-6

Rock left forward, recover to right

7&8

Turn $\frac{3}{8}$ left and step left forward, step right together, turn $\frac{1}{4}$ left and step left forward (3:00)
