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| Body Roll Shuffle |  |

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| **拍數:** | 32 | **牆數:** | 2 | **級數:** | Improver | . |
| **編舞者:** | Sho Botham (UK) | | | | |
| **音樂:** | 18 Wheels and a Crowbar - BR5-49 | | | | |
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**LINDY, STEP HOLD, ROCK DIAGONALLY FORWARD, STEP IN PLACE**

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| 1&2-3-4 | Lindy right (shuffle right-left-right to right, rock left back, step in place right) |

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| 5-6 | Step left forward to left diagonal, hold position |

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| 7-8 | Rock right forward to left diagonal, step in place left |

**SHUFFLE AND TURN AND BODY ROLLS**

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| 9&10 | Making¼ turn right shuffle forward right-left-right |

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| 11-12 | Step forward left and pivot ½ turn to right (basketball turn), weight ending on right |

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| 13-16 | Place left forward as you commence 2 body rolls (focus is on hip movement - hips forward, relax knees as the hips go backwards and straighten up) weight finishes on right |

**Easier option: If body rolls are not your thing then try substituting them with 2 relax and straightening action of the knees with or without subtle transfers of weight from front to back foot (left to right)**

**LINDY FORWARD AND BACKWARD**

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| 17&18-19-20 | Lindy forward left leading (shuffle forward left-right-left, rock right forward, step in place left) |

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| --- | --- |
| 21&22-23-24 | Lindy backward leading right (shuffle back right-left-right, rock back left, step in place right) |

**SHUFFLE AND ¼ TURN AND WEAVE**

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| --- | --- |
| 25&26-27-28 | Shuffle forward left-right-left, step right forward and pivot ¼ turn left, weight ends on left |

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| --- | --- |
| 29-32 | Weave to left (step right across front of left, step left to left, step right crossed behind left, step left to left) |

**REPEAT**