

Roots

拍數: 48 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - July 2017
音樂: Roots - Zac Brown Band : (Single - iTunes)



Count In : 32 counts from start of track – just before lyrics

Side Rock Cross Shuffle. ½ Hinge Turn Cross Shuffle.

- 1 -2 Rock right to right side, recover.
- 3&4 Cross right over left step left to left side, cross right over left
- 5 -6 Make ¼ turn right stepping back left, make ¼ turn right stepping right to right side (6 o'clock)
- 7&8 Cross left over right, step right to right side, cross left over right.

Side Rock Cross Shuffle. Side Rock ¼ Turn. Step ¼ Pivot Turn.

- 1 - 2 Rock right to right side, recover.
- 3&4 Cross right over left step left to left side, cross right over left
- 5- 6 Rock left to left side, make ¼ right onto right
- 7- 8 Step fwd left, make ¼ turn right onto right (12 o'clock)

Syncopated Jazz Box. Side Step. Rock Back. Heel & Cross

- 1 - 2 Cross left over right, step back right
- &3-4 Step left to left side, cross right over left taking weight, step left to left side
- 5 - 6 Rock right behind left, recover
- 7&8 Slightly facing right diagonal Touch right to diagonal, step down right, cross left over right.

*** Re Start here during Wall 5 facing 6 o'clock ***

Heel & Cross. Rock ¼ Turn. Dorothy Step Fwd Right Then Left

- 1&2 Slightly facing right diagonal Touch right to diagonal, step down right, cross left over right.
- 3-4 Rock right to right side, make ¼ turn left onto left.
- 5 -6 Step fwd right to right diagonal, lock left behind right
- &7-8 Step fwd right to diagonal again, step left to left diagonal , lock right behind left
- & Step forward left square to (9 o'clock)

*** Re Start here during Wall 2 facing 12 o'clock ***

Switching Rock Steps Fwd. Shuffle Back. Rock Back.

- 1 - 2 Rock fwd right, recover onto left
- &3-4 Step right at side of left, Rock fwd left, recover onto right
- 5 &6 Step back left, close right at side of left, step back left
- 7- 8 Rock back right, recover weight onto left

½ Shuffle Turn. Rock Back ½ Shuffle Turn. ½ Turn Walk Fwd Right, Left.

- 1&2 Make 1/2 turn left stepping back right, step left at side of right, step back right (3 o'clock)
- 3 -4 Rock back left, recover weight onto right
- 5&6 Make 1/2 turn right stepping back left, step right at side of left, step back left (9 o'clock)
- 7- 8 Make ½ turn right stepping fwd right then left (3 o'clock)

Re-Starts on walls 2 & 5 - see step description above.

NB;- As the track slows down at the end, keep dancing you will finish the dance on count 7 of section one facing 12 o'clock then he sings the last word "Roots"

Thanks to Lee Webb for recommending this track x

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