

Slow Roll It

拍數: 32 牆數: 2 級數: Easy Intermediate Country Cha Cha
編舞者: Esmeralda van de Pol (NL) - March 2018
音樂: Slow Roll It - Gord Bamford



Intro 16 counts

SIDE, TOGETHER, BACK, BACK LOCKSTEP, BACK ROCK, STEP FWD, ¼ TURN L, STEP FWD

1-2-3 Step RF to R side, Step LF next to RF, Step RF back
4&5 Step LF back, Step RF across LF, Step LF back
6-7 Rock RF back, Recover weight on LF
8&1 Step RF fwd, ¼ turn L-step LF next to RF, Step RF fwd - 09.00

½ TURN R, ¼ TURN R, ROCK FWD DIAGONAL, WALK BACK, SIDE, CROSS ROCK FWD, ¼ TURN R

2-3 ½ turn R-step LF back, ¼ turn R step RF to R side body slightly in diagonal 12.00
4&5 Rock LF fwd R diagonal, Recover weight on RF, step LF back 07.30
6-7 Step RF back, 1/8 turn L- step LF to L side 06.00
8&1 Rock RF across LF, Recover weight on LF, ¼ turn R-step RF fwd 09.00

STEP FWD, ½ TURN R, SHUFFLE ½ TURN R, SWAY ½ TURN R, LOCKSTEP FWD

2-3 Step LF fwd, ½ turn R-weight on RF 03.00
4&5 ¼ turn R-step LF to L side, Step RF next to LF, ¼ turn R-step LF back 09.00
6-7 ¼ turn R-step RF to R side in sway, sway back to LF ¼ turn R 03.00
8&1 Step RF fwd, Step LF behind RF, Step RF fwd

FWD ROCK, LOCKSTEP BACK, ROCK BACK, STEP ¾ TURN L

2-3 Rock LF fwd, Recover weight on RF
4&5 Step LF back, Step RF across LF, Step LF back
6-7 Rock RF back, Recover weight on LF
8& Step RF fwd, ¾ turn L weight on LF - 06.00

Tag: End of wall 1 & 4 - 4 counts

Sway Hips, R, L, R, L

Tag: end of wall 3 - 8 counts

1-2-3 Sway Hips R,L, R
4&5 Step LF to L side, Step RF next to LF, Step LF to L side
6-7 Sway hips R, L
8& step RF to R side, Step LF next to RF