

Rolly

拍數: 32 牆數: 4 級數: Seasoned Beginner
編舞者: Molly Yeoh (MY) - July 2018
音樂: Rolly - Good Day (굿데이)



K-POP

INTRO: 32 Count on the note " Rolly Rolly Rolly Roo Ya!"

SECTION 1: KICK FORWARD STEPS

1-2-3-4 R foot kick fwd on(1),step down (2),L foot kick fwd (3), step down (4)
5-6-7-8 Repeat 1-2-3-4

SECTION 2: TWIST TO RIGHT, TWIST TO LEFT

1-2-3,4 R foot step to R as you twist to R (1), twist to L (2), twist to R again (3 hold 4)
5-6-7,8 Twist to L, R, L(7 hold 8)

SECTION 3: STEP BACK TOUCH ON, ¼ LEFT TURN STEP TOUCH ON

1-2, 3-4 R foot step back (1 hold 2), L foot touch beside R (3 hold 4)
5-6, 7-8 ¼ left turn, L foot step to L (5 hold 6), R touch beside L, (7 hold 8)

SECTION 4: FORWARD, TOUCH LEFT TO SIDE, BACK, TOUCH RIGHT TO RIGHT S

1-2, 3-4 R foot step fwd (1 hold 2), L foot point to L, (3 hold 4)
5-6, 7-8 L foot step back(5 hold 6), R foot point to R (7 hold 8)

NOTE: Feel free to count Section 1 to section 4
as 1 & 2 & 3 & 4, 5&6, 7&8, 1234,5678 finished. (16 counts only instead of 32 counts)

*End of Wall 10 - Add 4 count Tag left turn back to 12.00, Restart Section 1

Wall 13, @ 6.00 - follow the music slow down the steps

Wall 14, @3.00 - catch up with the music again!

TAG: RIGHT CROSS OVER LEFT, ½ LEFT TURN

1-2, 3-4 R foot cross over L, ½ left turn back to restart at 12.00

Enjoy!

A good practice for beginners to learn fast and slow steps all in one!

Thank you so much!

Contact me at suanyeah@hotmail.com for music and details. Thank you.

Last Update - 6th July 2018