How She Rolls



拍數: 32 牆數: 4 級數: Improver

編舞者: Shaun Rounds - May 2020 音樂: How She Rolls by Trent Hughes



Intro: 20ct or 14 Seconds, begin at the 5th double hit.

		4/2 D THDN	
(1-8) ROCKING CHAIR	. FURWARD SHUFFLE.	IZ K LUKN.	1/4 K SHUFFLE LEFT

1&2&	Rock forward on R, Step L in place, Rock back on R, Step L in place
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3&4 step forward on R, Step ball of L next to R, Step forward on R

5-6 step forward on L, pivot 1/2 right (weight ending on R)

7&8 step L forward turning 1/4 turn right, Step ball of R next to L, step L out to left (9:00)

(9-16) SAILOR STEP, 1/4 L SAILOR STEP, 1/4 LTURN HIP ROLLS x2

1&2	eton D bobind loft eton L to loft eido, eton D to right eido
IXZ	step R behind left, step L to left side, step R to right side

3&4 step L behind right (pivot 1/4 left), step R to next to L, step L forward (6:00)

5-6 step R forward pivot 1/4 left (rolling hips, weight ending on L)

7-8 repeat 5-6 (12:00)

(17-24) CROSS WEAVE L, R CROSS ROCK, 1/4 SHUFFLE R, 1/4 R TURN

1&2&	cross R in front, step L to side, cross R behind, step L to side
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3-4 cross R in front at forward angle, recover back on L

step R to R side pivot 1/4 turn R, Step ball of L next to R, Step forward on R step L forward turning pivot 1/4 turn to right (weight ending on R) (6:00)

(25-32) CROSS WEAVE R, L CROSS ROCK, 1/4 SHUFFLE L, WALK X2

1&2& cross L in front, step R to side, cross L behind, step R to side

3-4 cross L in front at forward angle, recover back on R

step L to L side pivot 1/4 turn L, Step ball of R next to L, Step forward on L

7-8 walk forward R, walk forward L (styling: stomp with the beat) (3:00)

*NO Tags no Restarts

End the dance at wall 10 at ct 17-18, 1/4 L turn walk toward front (12:00) left, right, !!!tada!!!

Any questions contact Shaun Rounds @ kingrounds@gmail.com

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