Roman Numeral VII



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Rhonda Dickson (USA) - June 2025

音樂: luther - Kendrick Lamar & SZA



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. This dance has one tag and two other tags/restarts.

PART 1 ('FULL DANCE") 32 COUNTS GRAPEVINE RIGHT, TAP, UP, BACK, OUT, IN

1 2 3 4 Step on right to right, step on left behind, step on right, tap left beside right

5 6 7 8 Tap left foot forward, tap left back, tap left to side, tap left home

GRAPEVINE LEFT, UP (QUARTER TURN LEFT), DOWN, ROCK BACK

1 2 3 4 Step on left to left, step on right behind, step on left, step forward up on ball of right foot 5 6 Make quarter left turn on right foot which up on ball of foot from count 4, lower foot on count 6

7 8 Rock back on left foot, recover on right foot

UP AND BACK, LOCK IT LEFT, RIGHT, LEFT

Left forward, recover right, left back, recover right
Walk forward lock steps left, right, left (pause on 8)

UP AND BACK, RIGHT OUT AND IN

1 2 3 4 Right forward, recover left, right back, recover left 5 6 7 8 Rock right foot to right for 5 6, recover on left for 7 8

TAG 1: 16 COUNTS

This tag is only done once at the beginning of the dance FOUR QUARTER PADDLE LEFT TURNS

Step on right foot making quarter turn left, recover on left Step on right foot making quarter turn left, recover on left

REPEAT COUNTS 1-8 EXCEPT LAST TWO STEPS ARE QUICK 1 COUNT PADDLE STEPS

REPEAT PART 1 TWO TIMES TAG 2/RESTART 16 COUNTS

GRAPEVINE RIGHT, TAP, UP, BACK, OUT, IN

1 2 3 4 Step on right to right, step on left behind, step on right, tap left beside right

5 6 7 8 Tap left foot forward, tap left back, tap left to side, tap left home

GRAPEVINE LEFT, RIGHT, LEFT, UP (QUARTER TURN LEFT), DOWN, LEFT FOOT BEHIND RIGHT FOOT FOR HALF LEFT TURN

1 2 3 4 Step on left to left, step on right behind, step on left, step forward on ball of right foot

5 6 7 8 Make quarter turn to left, lower foot on 6, place ball of left foot behind right, pivot half left turn

REPEAT PART 1 ENDING WITH DOUBLE HIP BOUNCES

REPEAT PART 1 TAG 2/RESTART

REPEAT PART 1 THREE TIMES

REPEAT PART 1 ENDING WITH DOUBLE HIP BOUNCES

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com

