

# I Roll

拍數: 28      牆數: 4      級數: Intermediate  
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音樂: I Roll When I Rock - Tommy Castro : (CD: Painkiller)



## Steps, Shimmy Shoulders, Bump Hips

1-4            Step right to right, shimmy shoulders and bump hips right, step left beside right & clap  
5-8            Step left to left, shimmy shoulders and bump hips left, step right beside left & clap

Option: Pump fists up and down while doing steps 1-8

## Diagonal Shuffles, Hands Roll

1-2            Shuffle forward diagonally Right, left, right while rolling hands right over left

(Open or closed fist)

3-4            Shuffle forward diagonally left, right, left rolling hands right over left

(Open or closed fist)

5-8            Repeat steps 1-4

## Right Kick Ball Changes, ¼ Turn Left, Stomps

1&2            Kick right forward, step on ball of right next to left, Step left next to right

3&4            Repeat steps 1&2

5-6            Step right ¼ turn left, step left beside right

7-8            Stomp right, left

## Right And Left Sailors

1&2            Step right behind left, step left to left, step right to right

3&4            Step left behind right, step right to right, step left to left

## Start Over

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