

# Easy Rolling

Count: 16

Wall: 2

Level: Absolute Beginner

Choreographer: Karianne Heimvik – February 2020

Music: Naked, by Bexar



**Suggestions; any song with a rolling eight rhythm.**

**Perfect, by Ed Sheeran**

**Girl Crush, by Little Big Town**

**(1-8) fwd rockstep, ball, rockstep back, ball, walk, walk, pivot left ¼ turn**

1,2a : rock RF fwd, recover weight onto LF, step ball of RF next to LF

3,4a : rock LF back, recover weight onto RF, step ball LF next to RF

5,6,7,8 : step RF fwd, step LF fwd, step RF fwd, make 1/4 turn to the left by shifting weight onto LF

**(9-16) cross rockstep,ball, cross rockstep,ball, walk, walk pivot left ¼ turn**

1,2a : rock RF fwd crossing over LF, recover weight onto LF, step ball of RF next to LF

3,4a : rock LF fwd crossing over RF, recover weight onto RF, step ball LF next to RF

5,6,7,8 : step RF fwd, step LF fwd, step RF fwd, make 1/4 turn to the left by shifting weight onto LF

**End of dance! Enjoy and remember to smile!**

**A tiny tip: -**

**On the front and back wall, were you start the dance, the rock steps go to the front and to the back.**

**On the side walls the rocksteps go to the “side” (or diagonal, but easier to understand that the cross rocks is to the sides)**

**If you want to make it a little more challenging, you can on the counts 5,6,7,8 make turns**

5,6,7,8 : make ½ turn to left stepping RF back, make ½ turn to left stepping LF fwd, ststep RF fwd, make ¼ to left be shifting weight onto LF