

Rolling With The 8

Count: 16

Wall: 4

Level: High 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

This is a tiny little dance to introduce beginner level line-dancers to the rolling eight count.

(1-8) Walk x2, Ball, Rock/Rec step, Ball , Back Step-Sweep, weave -Sweep-Cross

1,2,a : Step RF fwd, step LF fwd, step ball of RF next to LF (a),

3,4 : rock LF fwd, recover weight onto RF

a,5,6 : step ball of LF next to RF (a), step back on RF while sweeping LF from front to back (5),
Step back on LF (6)

a,7,8 : step RF to right (a), cross LF over RF, sweep RF from back to front and cross over LF (8)

(9-16) ¼ right turn, Back Rock/Rec, Ball, fwd rock/rec, Ball, back rock/rec, ½ left turn,

Rock/Rec, Ball

a,1,2 : make ¼ turn to right stepping LF back (a), rock RF back, recover weight onto LF

a,3,4 : step ball of RF next to LF (a), rock LF fwd, recover weight onto RF

a,5,6 : step ball of LF next to RF (a count), rock RF back, recover weight onto LF

a,7,8,a : make ½ turn to the left stepping RF back, rock LF back recover weight onto RF, step ball of
LF next to RF (a)

Start again! Enjoy and remember to smile!
