

ROLLING WITH THE 8

Count: 16

Walls: 4

Level: High Beginner

Choreographer: Karianne Heimvik

Music: any song with a rolling eight rhythm.

suggestions; Naked, by Bexar

Perfect, by Ed Sheeran

Girl Crush, by Little Big Town

This is a tiny little dance to introduce beginner level linedancers 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!