

# Rolling Rhythm

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**Count:** 16                      **Wall:** 4                      **Level:** —

**Choreographer:** Michele Burton - Feb. 2016

**Music:** Girl Crush by Little Big Town

**Intro: 16 cts. Introduction to 'Rolling Rhythm' - 1&a**

**Suggested Songs: Any song with 1&a rhythm**

**Example: Girl Crush by Little Big Town**

**Example: (I) Can't Stop Loving You by Jessta James**

**[1 - 8] WALK FORWARD 3X, FORWARD RETURN BACK, BACK 3 X, COASTER CROSS**

**1 - 3**            Step R forward (1); Step L forward (2); Step R forward (3)

**4&a** Rock L ball forward (4); Step R ball in place (&); Step L back (a) (feels like a rock return back, or a mambo)

**5 - 7**            Step R back (5); Step L back (6); Step R back (7) (add a sweep from front to back on each step if desired)

**8&a** Step L back (8); Step R beside L (&); Step L in front of R (a)

**[9 - 16] SWAY 3X, VINE LEFT, ROCK STEP AND, ROCK STEP, TURN 1/4 LEFT**

**1 - 3**            Sway R (1); Sway L (2); Sway R (3);

**4&a** Step L to left (4); Step R behind L (&); Step L to left (a)

**5,6 a** Rock R in front of L (5); Return weight to ball of L (6); Step R to right (a)

**7,8 a** Rock L in front of R (7); Return weight to ball of R (8); Turn 1/4 left, step L forward (a)

**BEGIN AGAIN**

**Choreographer's Note: The purpose of the dance is to introduce beginners to a rolling rhythm. The dance is not choreographed to a specific song, but is choreographed for use with a specific rhythm (1&a).**

**This dance provides dancers with an easy alternative floor split for most intermediate dances choreographed to a rolling rhythm (1&a 2&a)**

**Step Sheet Access: [www.michaelandmichele.com](http://www.michaelandmichele.com)**

**Contact: [mburtonmb@gmail.com](mailto:mburtonmb@gmail.com)**

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