

RONDE KNEE ROLL

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Count: 32

Wall: 4

Level: beginner/intermediate partner dance

Choreographer: Cristina Lopez

Music: Paid My Dues by Anastacia

RONDE KNEE ROLL, KICK BALL STEP

- 1 Rondé with knee roll left foot, turning $\frac{1}{4}$ to the left
- 2 Step forward on left foot
- 3 Kick forward right foot
- & Step right beside left
- 4 Small step forward left foot

CAMEL WALKS, SYNCOPATED JUMPS, KICK CROSS STEP

- 5 Knee pop with left and step forward with right foot, at same time
- 6 Knee pop with right foot and step forward with left foot, at same time
- 7 Jump with both feet apart
- & Jump in, weight on right
- 8 Kick forward left foot
- & Cross left foot over right

SWITCHES, HOLD & CLAP

- 9 Point right toe to the right side
- & Step right beside left
- 10 Point left toe to the left side
- & Step left beside right
- 11 Point right toe to the right side
- 12 Hold & clap

SUGAR FOOT, STEP BACK & POINT, RECOVER

- 13 Swivel step on right foot
- 14 Swivel step on left foot
- & Step back with right foot

15 Point left toe forward, turning the body diagonal to right

16 Recover weight on left foot

HIP BUMPS, FLICK

17 Hip bump back on right

18 Hip bump forward on left

19 Hip bump back on right

& Step forward on left foot

20 Flick back with right foot

STEP ½ TURN LEFT, KNEE POP, HOLD

21 Step forward on right foot

22½ turn to left, weight on left foot

& Up both heels, bending knees

23 Down both heels straightening knees, weight on left

24 Hold

SIDE STEPS, SLIDES

25 Big step to the right side with right foot

26 Slide left foot towards right

27 Big step to the left side with left foot

28 Slide right foot towards left

TRIPLE STEP DELANTE, SUGAR FOOT

29 Step forward right foot

& Step left behind right

30 Step forward right foot

31 Swivel step on left foot

32 Swivel step on right foot

REPEAT