

I Roll

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Count: 28

Wall: 4

Level: Intermediate

Choreographer: Ethelene and Jack Tollison

Music: I Roll When I Rock by Tommy Castro, CD: Painkiller

Steps, Shimmy Shoulders, Bump Hips

1-4 Step right to right, shimmy shoulders and bump hips right, step left beside right & clap

5-8 Step left to left, shimmy shoulders and bump hips left, step right beside left & clap

Option: Pump fists up and down while doing steps 1-8

Diagonal Shuffles, Hands Roll

1-2 Shuffle forward diagonally Right, left, right while rolling hands right over left

(Open or closed fist)

3-4 Shuffle forward diagonally left, right, left rolling hands right over left

(Open or closed fist)

5-8 Repeat steps 1-4

Right Kick Ball Changes, ¼ Turn Left, Stomps

1&2 Kick right forward, step on ball of right next to left, Step left next to right

3&4 Repeat steps 1&2

5-6 Step right ¼ turn left, step left beside right

7-8 Stomp right, left

Right And Left Sailors

1&2 Step right behind left, step left to left, step right to right

3&4 Step left behind right, step right to right, step left to left

Start Over