

BODY ROLL SHUFFLE

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Sho Botham

Music: 18 Wheels And A Crowbar by BR5-49

LINDY, STEP HOLD, ROCK DIAGONALLY FORWARD, STEP IN PLACE

- 1&2-3-4** Lindy right (shuffle right-left-right to right, rock left back, step in place right)
- 5-6** Step left forward to left diagonal, hold position
- 7-8** Rock right forward to left diagonal, step in place left

SHUFFLE AND TURN AND BODY ROLLS

- 9&10** Making $\frac{1}{4}$ turn right shuffle forward right-left-right
- 11-12** Step forward left and pivot $\frac{1}{2}$ turn to right (basketball turn), weight ending on right
- 13-16** Place left forward as you commence 2 body rolls (focus is on hip movement - hips forward, relax knees as the hips go backwards and straighten up) weight finishes on right

Easier option: If body rolls are not your thing then try substituting them with 2 relax and straightening action of the knees with or without subtle transfers of weight from front to back foot (left to right)

LINDY FORWARD AND BACKWARD

- 17&18-19-20** Lindy forward left leading (shuffle forward left-right-left, rock right forward, step in place left)
- 21&22-23-24** Lindy backward leading right (shuffle back right-left-right, rock back left, step in place right)

SHUFFLE AND $\frac{1}{4}$ TURN AND WEAVE

- 25&26-27-28** Shuffle forward left-right-left, step right forward and pivot $\frac{1}{4}$ turn left, weight ends on left
- 29-32** Weave to left (step right across front of left, step left to left, step right crossed behind left, step left to left)

REPEAT