

# Rolling Rhythm

**COPPER KNOB**  
STEPSHEETS

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 Jesssta 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)