

# Slow Roll It

**Count:** 32    **Wall:** 2    **Level:** Easy Intermediate Country Cha Cha

**Choreographer:** Esmeralda v.d. Pol (March 2018)

**Music:** "Slow Roll It" by Gord Bamford



## Intro 16 counts

### **SIDE, TOGETHER, BACK, BACK LOCKSTEP, BACK ROCK, STEP FWD, ¼ TURN L, STEP FWD**

- 1-2-3            Step RF to R side, Step LF next to RF, Step RF back  
4&5            Step LF back, Step RF across LF, Step LF back  
6-7            Rock RF back, Recover weight on LF  
8&1            Step RF fwd, ¼ turn L-step LF next to RF, Step RF fwd - 09.00

### **½ TURN R, ¼ TURN R, ROCK FWD DIAGONAL, WALK BACK, SIDE, CROSS ROCK FWD, ¼ TURN R**

- 2-3            ½ turn R-step LF back, ¼ turn R step RF to R side body slightly in diagonal 12.00  
4&5            Rock LF fwd R diagonal, Recover weight on RF, step LF back 07.30  
6-7            Step RF back, 1/8 turn L- step LF to L side 06.00  
8&1            Rock RF across LF, Recover weight on LF, ¼ turn R-step RF fwd 09.00

### **STEP FWD, ½ TURN R, SHUFFLE ½ TURN R, SWAY ½ TURN R, LOCKSTEP FWD**

- 2-3            Step LF fwd, ½ turn R-weight on RF 03.00  
4&5            ¼ turn R-step LF to L side, Step RF next to LF, ¼ turn R-step LF back 09.00  
6-7            ¼ turn R-step RF to R side in sway, sway back to LF ¼ turn R 03.00  
8&1            Step RF fwd, Step LF behind RF, Step RF fwd

### **FWD ROCK, LOCKSTEP BACK, ROCK BACK, STEP ¾ TURN L**

- 2-3            Rock LF fwd, Recover weight on RF  
4&5            Step LF back, Step RF across LF, Step LF back  
6-7            Rock RF back, Recover weight on LF  
8&            Step RF fwd, ¾ turn L weight on LF - 06.00

### **Tag: End of wall 1 & 4 - 4 counts**

**Sway Hips, R, L, R, L**

### **Tag: end of wall 3 - 8 counts**

- 1-2-3            Sway Hips R,L, R  
4&5            Step LF to L side, Step RF next to LF, Step LF to L side  
6-7            Sway hips R, L  
8&            step RF to R side, Step LF next to RF