

Roll Your Body

32 Count, 4 Wall, Improver

Choreographer: Treece & Shell (USA) Sept 2015

Choreographed to: Overnight by Zac Brown Band

Start dance 40 counts into song,**R triple lock fwd, L triple lock fwd, R Rock, L Rec, 2 ½ turns Right**

- 1&2 Step Right forward, lock left behind right, step right forward,
3&4 Step Left forward, lock right behind left, step left forward
5 6 Rock forward on Right, Recover back on Left,
7 Keeping weight on Left, ½ turn to right step forward on Right,
8 Keeping weight on Right, ½ turn to right step back on Left

Right sailor RLR, Left ¼ turn Sailor LRL, R L rock rec fwd, bk coaster step RLR

- 1&2 Step Right behind left, left to left, right to right
3&4 Left behind right, ¼ turn to left, right to Right, left to left
5 6 Rock fwd on Right, recover back on Left,
7&8 Step back on right, step Left next to Right, step forward on Right

Left Lindy (Side Triple, Rock Rec), Swivel ¼ turn left, Bk Left coaster

- 1&2 Step on Left to left, step Right next to Left, step left to left
3 4 Rock back on Right, Recover on Left
5&6 Right foot next to Left, Swivel on balls of both feet ¼turn to your left
7&8 Step back on left, step right next to left, step forward on Left

R out, L out, Roll hips, Left ¼ turn Sailor, fwd on Right, pivot ½ to left

- 1 2 Step Right on Right, step Left on Left
3&4 Stand in place, Roll hips counter clockwise Left, Right, Left
(Should flow into sailor step with ease)
5&6 Left behind right, ¼ turn to left right to Right, step on Left
7 8 Step forward on Right, ½ turn to left, ending with weight on Left foot

*****TAG 16 count: 10th wall:****Skate, R L cross, Unwind, Repeat**

- 1 2 Diagonally slide Right forward, diagonally slide Left forward,
3 4 Repeat Right, Left (like you're skating)
5 & 6 Step on Right to right, step on Left, cross Right over left,
7 8 Unwind ½ turn

9-16 Repeat 1 – 8

Please do not alter this step sheet in any way, feel free to contact Shell