

**Body Roll Shuffle**

IMPROVER

32 Count 2 Walls

Choreographed by: Sho Botham

Choreographed to: Six Wheels and a Crowbar by BR5-49

**Lindy, Step Hold, Rock Diagonally Forward, Step In Place**

1 & 2,3,4 Lindy R [shuffle Rlr To R, Rock L Back, Step In Place R]  
5,6 Step L Forward To L Diagonal, Hold Position  
7,8 Rock R Forward To L Diagonal, Step In Place L

**Shuffle And Turn And Body Rolls**

9 & 10 Making 1/4 Turn R Shuffle Forward Rlr  
11,12 Step Forward L And Pivot 1/2 Turn To R [basketball Turn], Weight Ending On R  
13 - 16 Place L 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 R  
**\*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 [l To R]**

**Lindy Forward And Backward**

18,19,20 Lindy Forward L Leading [shuffle Forward Lrl, Rock R Forward, Step In Place L]  
18,19,20  
22,23,24 Lindy Backward Leading R [shuffle Back Rlr, Rock Back L, Step In Place R]  
22,23,24

**Shuffle And 1/4 Turn And Weave**

26,27,28 Shuffle Forward Lrl, Step R Forward And Pivot 1/4 Turn L, Weight Ends On L  
26,27,28  
29 - 32 Weave To L [step R Across Front Of L, Step L To L, Step R X'd Behind L, Step L To L]  
**Begin Dance Again**