

ROLL TO ME

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CD: 1995 A&M Records Ltd., CD Title "Twisted" (Artist: Del Amitri) Track 7 "Roll To Me" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:12

RHYTHM: Single Swing RAL PHASE III

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-BRIDGE-A-B-C-B-C(1-14)-ENDING

MEAS:

INTRODUCTION

1-4 OP-FCG WALL WAIT SLOW BEAT + 2 MEAS;; APART POINT; TOGETHER TOUCH TO BFLY;

- 1-2 Wait in OP-FCG WALL for a slow beat plus 2 measures w/ lead ft free;;
- 3 {**Apert Point**} OP-FCG WALL Apt L, -, pt R twd ptr, -;
- 4 {**Together Touch to BFLY**} Tog R, -, tch L to BFLY WALL, -;

PART A

1-3 LINK ROCK ~ RIGHT TURNING FALLAWAY;;;

- 1-3 {**Link Rock**} Rk bk L to LOP-FCG WALL, rec R, fwd L, -; Sd R (W rk bk R, rec L, fwd R, -; Sd L) to CP WALL, -, {**Right Turning Fallaway**} CP WALL rk bk L to SCP LOD, rec R; Trn RF sd & fwd L in front of W, -, complete RF trn sd R (W rk bk R to SCP, rec L; Fwd R trn RF, -, complete RF trn sd L) to CP COH, -;

4-6 FALLAWAY ROCK ~ RIGHT TURNING FALLAWAY;;;

- 4-6 {**Fallaway Rock**} CP COH Rk bk L to SCP RLOD, rec R to fc, sd L, -; Sd R (W rk bk R to SCP, rec L to fc, sd R, -; Sd L) to CP COH, -, {**Right Turning Fallaway**} CP COH rk bk L to SCP RLOD, rec R; Trn RF sd & fwd L in front of W, -, complete RF trn sd R (W rk bk R to SCP, rec L; Fwd R trn RF, -, complete RF trn sd L) to CP WALL, -;

7-91/2 FALLAWAY THROWAWAY ~ DOUBLE ROCK CHANGE LEFT TO RIGHT FC WALL;;;

- 7-91/2 {**Fallaway Throwaway**} CP WALL Rk bk L to SCP LOD, rec R, fwd L with slight LF trn, -; Sd R (W rk bk R to SCP, rec L start LF trn, fwd R complete 1/2 LF trn, -; Bk L) to LOP-FCG LOD, -, {**Double Rock Change Left to Right fc WALL**} LOP-FCG LOD rk bk L, rec R; Rk bk L, rec R, fwd L trn 1/4 RF, -; Sd R (W rk bk R, rec L; Rk bk R, rec L, fwd R trn 3/4 LF undr ld hnds, -; Sd L) to LOP-FCG WALL, -;

BRIDGE

1-2 DOUBLE ROCK BASIC ROCK;;

- 1-2 {**Double Rock Basic Rock**} LOP-FCG WALL Rk apt L (W rk apt R), rec R, rk apt L (W rk apt R), rec R; Sd L, -, sd R to BFLY WALL, -;

PART B

1-3 LINK ROCK ~ FALLAWAY ROCK;;;

- 1-3 {**Link Rock**} LOP-FCG WALL Rk bk L, rec R, fwd L, -; Sd R (W rk bk R, rec L, fwd R, -; Sd L) to CP WALL, -, {**Fallaway Rock**} CP WALL rk bk L to SCP LOD, rec R to fc; Sd L, -, sd R (W rk bk R to SCP, rec L to fc; Sd R, -, sd L) to CP WALL, -;

4-6 2 LEFT TURNING FALLAWAYS;;;

- 4-6 {**Left Turning Fallaway**} CP WALL Rk bk L to SCP LOD, rec R, fwd L trn LF, -; Complete LF trn sd R (W rk bk R to SCP, rec L, trn LF fwd R in front of M, -; Complete LF trn sd L) to CP COH, -, {**Left Turning Fallaway**} CP COH rk bk L to SCP RLOD, rec R; Fwd L trn LF, -, complete LF trn sd R (W rk bk R to SCP; Rec L, trn LF fwd R in front of M, -, complete LF trn sd L) to CP WALL, -;

7-9 CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT FC WALL;;;

- 7-9 {**Change Right to Left**} CP WALL Rk bk L to SCP LOD, rec R, fwd & sd L, -; Sd R (W rk bk R to SCP, rec L, fwd & sd R trn 3/4 RF undr ld hnds, -; Bk L) to LOP-FCG LOD, -, {**Change Left to Right fc WALL**} LOP-FCG LOD rk bk L, rec R; Fwd L trn 1/4 RF, -, sd R (W rk bk R, rec L; Fwd R trn 3/4 LF undr ld hnds, -, sd L) to LOP-FCG WALL, -;

PART C

1-3 LINK ROCK ~ JIVE WALKS;;;

- 1-3 {**Link Rock**} LOP-FCG WALL Rk bk L, rec R, fwd L, -; Sd R (W rk bk R, rec L, fwd R, -; Sd L) to CP WALL, -, {**Jive Walks**} CP WALL rk bk L to SCP LOD, rec R; Fwd L, -, fwd R, -;

4-7 4 POINT STEPS;; ROCK THE BOAT TWICE; THROWAWAY;

- 4 {**Point Steps**} SCP LOD Pt L fwd, fwd L, pt R fwd, fwd R;
5 {**Point Steps**} SCP LOD Pt L fwd, fwd L, pt R fwd, fwd R;
6 {**Rock the Boat Twice**} SCP LOD Fwd L with straight knee leaning fwd, with rocking motion & relaxed knees cl R leaning bk, fwd L with straight knee leaning fwd, with rocking motion & relaxed knees cl R leaning bk;
7 {**Throwaway**} SCP LOD Fwd L with slight LF trn, -, sd R (W fwd R starting LF trn, -, complete 1/2 LF trn bk L) to LOP-FCG LOD, -;

8-10 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT FC COH;;;

- 8-10 {**Change Hands Behind Back**} LOP-FCG LOD Rk bk L, rec R change W's R hnd to M's R hnd, fwd L trn 1/4 LF to TANDEM COH in front of W (W rk bk R, rec L, fwd R trn 1/4 RF), -; Change W's R hnd to M's L hnd sd & bk R trn 1/4 LF to LOP-FCG RLOD (W sd & bk L trn 1/4 RF), -, {**Change Left to Right fc COH**} LOP-FCG RLOD rk bk L, rec R; Fwd L trn 1/4 RF, -, sd R (W rk bk R, rec L; Fwd R trn 3/4 LF undr ld hnds, -, sd L) to LOP-FCG COH, -;

11-14 BASIC ROCK TO BFLY ~ SHAG STEP;;; PROGRESSIVE ROCK;

- 11-13 {**Basic Rock to BFLY**} LOP-FCG COH Rk apt L (W rk apt R), rec R, sd L, -; Sd R to BFLY COH, -, {**Shag Step**} BFLY COH stp in plc L, lift on L; Stp in plc R, lift on R, stp in plc L, stp in plc R; [Option: as you lift on one foot you can kick the other foot to the side]
14 {**Progressive Rock**} BFLY COH Rk apt L, XRif (W XLif), rk apt L, XRif (W XLif);

15-151/2 CHANGE HANDS BEHIND BACK;..

- 15-151/2 {**Change Hands Behind Back**} LOP-FCG COH Rk bk L, rec R change W's R hnd to M's R hnd, fwd L trn 1/4 LF to TANDEM RLOD in front of W (W rk bk R, rec L, fwd R trn 1/4 RF), -; Change W's R hnd to M's L hnd sd & bk R trn 1/4 LF to LOP-FCG WALL (W sd & bk L trn 1/4 RF), -;

ENDING

1 THROWAWAY

- 1 {**Throwaway**} BFLY COH Sm sd & fwd L trn 1/4 LF, -, sd R (W sd & fwd R starting LF trn, -, complete 1/4 LF trn bk L) to LOP-FCG RLOD, -;

AIA BC BC(1-14)

WAIT (+ SLOW BEAT)
APART POINT

WAIT
TOGETHER TOUCH TO BFLY

A	LINK ROCK <RIGHT TURNING FALLAWAY ---- FALLAWAY THROWAWAY <DOUBLE ROCK CHANGE LEFT TO RIGHT FC WALL-- (1/2)	---- FALLAWAY ROCK <RIGHT TURNING FALLAWAY ----
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I	DOUBLE ROCK BASIC ROCK	----
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B	LINK ROCK <FALLAWAY ROCK ---- CHANGE RIGHT TO LEFT <CHANGE LEFT TO RIGHT FC WALL	---- 2 LEFT TURNING FALLAWAYS ---- ----
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C	LINK ROCK <JIVE WALKS ---- THROWAWAY ---- BASIC ROCK TO BFLY <SHAG STEP CHANGE HANDS BEHIND BACK	---- 4 POINT STEPS ROCK THE BOAT TWICE CHANGE HANDS BEHIND BACK <CHANGE LEFT TO RIGHT FC COH ---- PROGRESSIVE ROCK -- (1/2)
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END THROWAWAY

R3-2 ROLL TO ME (ROSS)
(STANDARD INTRO BFLY WALL)