



This Is How We Roll

Choreographed by **Rachael McEnaney (UK/USA) (April 2014)**

www.dancewithrachael.com - Rachaeldance@me.com

Tel: +1 407-538-1533 - +44 7968181933



Description:	32 Counts, 2 wall, Intermediate – Nightclub 2 step.
Music:	“This Is How We Roll” – Florida Georgia Line f. Luke Bryan. Approx 3.42 mins
Count In:	16 counts from start of track, begin on vocals Approx 66 bpm (with slow count – otherwise might show 132bpm).
Notes:	There is 1 restart on 1 st wall. Do first 24 counts of the dance – replace count 8 with R cross rock, recover left into 2 nd wall, you will be facing 6.00 to start again.

Section	Footwork	End Facing
1 - 8	2 full turns to R, R nc2 basic, L side rock, L jazz box ¼ L, into weave L	
1 & 2	Make ¼ turn right stepping forward right (1), make ½ turn right stepping back left (&), make ½ turn right stepping forward right (2)	
<i>Easier options 1-3 (continue from 4)</i>	<i>Middle of road option: Make ¼ turn right stepping forward right (1), make ½ turn right stepping back left (&), make ¼ turn right stepping right to right side (2), cross left over right (&), step right to right side (3)</i> <i>Easiest option: Step right to right (1), cross left over right (&), step right to right (2), cross left behind right (&), step right to right (3) 'then continue from count 4' 12.00</i>	3.00
& 3 4 &	Make ½ turn right stepping back left (&), make ¼ turn right stepping right to right side (3), close left to right (4), cross right over left (&)	12.00
5 & 6 &	Rock left to left side (5), recover weight to right (&), cross left over right (6), make ¼ turn left stepping back right (&)	9.00
7 & 8 &	Step left to left side (7), cross right over left (&), step left to left side (8), cross right behind left (&)	9.00
9 – 16	L side, R cross rock, R side, L cross rock, L side rock, L behind-side-cross with sweep, R cross, L side	
1 2 & 3	Step left to left side (1), cross rock right over left (2), recover weight to left (&), step right to right side (3)	9.00
4 & 5 &	Cross rock left over right (4), recover weight right (&), rock left to left side (5), recover weight to right (&)	9.00
6 & 7	Cross left behind right (6), step right to right side (&), cross left over right as you sweep right foot to front (7)	9.00
8 &	Cross right over left (8), step left to left side (&)	9.00
17 - 24	R back rock, ½ turn L, L back rock, ¼ turn R, R back rocking chair, R back, L side, R cross shuffle (into next 8)	
1 2 & 3	Rock back on right (1), recover weight to left (2), make ½ turn left stepping back right (&) rock back on left (3)	3.00
4 &	Recover weight to right (4), make ¼ turn right stepping left to left side (&),	6.00
5 & 6 &	Rock back on right (5), recover weight to left (&), rock forward on right (6), recover weight to left (&)	6.00
7 & 8	Step back right (7), step left to left side (&), cross right over left (8)	6.00
RESTART	On 1st wall you will restart at this point - replace count 8 with: cross rock right over left (8), recover weight to left (&)	6.00
25 - 32	(end of R cross shuffle), L cross shuffle with sweep, R cross shuffle, Sway L-R-L, R cross rock	
& 1	Step left to left side (&), cross right over left as you sweep left foot to front (1),	6.00
2 & 3	Cross left over right (2), step right to right side (&), cross left over right as you sweep right foot to front (3) <i>travel slightly fwd on cross shuffle</i>	6.00
4 & 5	Cross right over left (4), step left to left side (&), cross right over left (5) <i>travel slightly fwd on cross shuffle</i>	6.00
6 & 7	Step left to left side swaying to left (6), rock weight to right swaying to right (&), step left slightly further to left side swaying to left (7)	6.00
8 &	Cross rock right over left (8), recover weight to left (&)	6.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.
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