

No Roots

Count: 64

Wand: 2

Ebene: Phrased Intermediate

Choreograf/in: Carlton Thompson (USA) - July 2017

Musik: No Roots - Alice Merton



Sequence: A, Tag, B, / A, Tag, B, / A, Tag 2, A, B

A = 2x32 counts

B = 2x32 counts

(Part A – Verse I, II, & III)

Section A1:

- 1-2 Rock R ft. forward, Recover back on L ft. (12:00)
- 3&4 Step R ft. back, step L ft. next to right, Step R ft. forward.
- 5-6 Rock L ft. forward, Recover back on R ft.
- 7&8 Turn ½ L with L ft., Pivot ¼ L with R ft., Step ¼ L with L ft. (12:00)

Section A2:

- 1-2 Step R ft. to R side, Step L behind R ft.
- &3&4 Step R ft. to R side, Step L heel out, Step L ft. forward, Turn ¼ L stepping with R ft. forward. (9:00)
- 5-6 Turn ½ turn R leading with L ft., Step R ft. forward. (3:00)
- 7-8 Recover back on L ft. Make ½ turn R leading with R ft. (9:00)

Section A3:

- 1-2 Rock L ft. forward, Recover back on R ft. (9:00)
- 3&4 Step L ft. back, Step R ft. next to L, Step L ft. back
- 5-6 Make ½ turn R stepping with R ft., Recover back on L ft. (3:00)
- 7&8 Step R ft. back, Step L ft. next to R, Step R ft. back.

Section A4:

- &1-2 Replace L ft. next to R ft., Step R ft. forward, Drag L ft. next to R.
- 3-4 Step L ft. forward, drag R ft. next to L.
- 5-6 Step R ft. forward, drag L ft. next to R.
- 7-8 Step L ft. forward, drag R ft. next to L. (3:00)

****Repeat Part A, Sections 1-4****

TAG 1

Section T1:

- &1-2 Step R ft. forward, Cross L ft. over R ft., Rock R ft. to R side.
- 3-4 Make ¼ L stepping L ft. forward, Step R ft. forward. (3:00)
- 5-6 Make ½ turn R stepping forward with L ft., Step R ft. forward. (9:00)
- 7-8 Recover back on L ft., Make ½ turn R leading with R ft. (3:00)

Section T2:

- 1-2 Step L ft. forward, Make ½ turn L leading with R ft. (9:00)
- 3-7 Step L ft. forward, Make ¾ turn L by pivoting on R ft. (9:00)
- 8 Place weight onto left ft. (12:00)

(Part B – Chorus I, II, & III)

Section B1:

- 1&2 Rock R ft. to R side, Recover weight back onto L ft., Cross R ft. in front of L ft.
- 3&4 Rock L ft. to L side, Recover weight back onto R ft., Cross L ft. in front of R ft.

- 5-6 Make ¼ L by lifting R knee up (hip bump ¼) (9:00), Make ¼ L by keeping that R knee up and doing another hip bump. (hip bump ¼) (6:00).
- 7-8 Make ¼ L by keeping that R knee up and doing another hip bump. (hip bump ¼) (3:00),
Make ¼ turn left by keeping that R knee up and doing another hip bump (12:00) (Right knee is still up.)

Section B2:

- 1&2 Rock R ft. to R side, Recover weight back onto L ft., Cross R ft. in front of L ft.
- 3&4 Rock L ft. to L side, Recover weight back onto R ft., Cross L ft. in front of R ft. (12:00)
- 5-6 Step R ft. forward, Make ¼ turn R by lifting L knee up. (3:00)
- 7-8 Make ¼ turn R by keeping that L knee up and doing another hip bump (hip bump ¼) (6:00),
Make ¼ turn R by keeping that L knee up and doing another hip bump (hip bump ¼) (9:00).

Section B3:

- 1-2 Step L ft. forward, Make ¼ turn L by bringing R ft. next to L ft. (6:00) (optional hand)
- 3-4 Step R ft. forward, Make ¼ turn R by bringing L ft. next to R. (9:00)
- 5-6 Make ¼ turn R by stepping R ft. back, bring L ft. next to R ft. (12:00)
- 7-8 Hold, and place weight on R ft.

Section B4:

- 1-2 Step L ft. forward, Make ¼ turn L by bringing R ft. next to L ft. (9:00)
- 3-4 Step R ft. forward, Make ¼ turn R by bringing L ft. next to R. (12:00)
- 5-6 Make ¼ turn R by stepping R ft. back, bringing L ft. next to R ft. (3:00) (optional hand)
- 7-8 Hold, and keep weight on L ft. (3:00)

****Repeat Part B, Sections 1-4****

Tag 2:

Section 1:

- 1-4 Free Style (Your own moves)

Facebook: www.facebook.com/cthompsonchoreo

YouTube: Search Under "Carlton Thompson"

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