

Rollercoaster

Count: 64

Wand: 2

Ebene: Intermediate

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Musik: Life Is a Rollercoaster - Ronan Keating



CROSS ROCK, TOUCH UNWIND, STEP HOLD, STEP RIGHT-LEFT (TURN TURN)

- 1-4 Step right across in front of left, rock back onto left, step right behind left, unwind $\frac{3}{4}$ turn right (9:00)
5-8 Step forward onto left foot, hold, step forward right-left completing a full turn right

STEP HOLD, ROCK HOLD, STEP TURN STEP, STEP HOLD

- 1-2 Stepping forward at 45° right onto right foot sway/rock hips forward, hold
3-4 Rocking back onto left foot sway/rock hips back, hold
5&6 Step forward onto ball of right foot, rock back onto left foot with $\frac{1}{2}$ turn right, step forward on right
7-8 Step forward onto left, hold (facing 3:00)

ROLLERCOASTER $\frac{1}{4}$ TURN, ROLLERCOASTER $\frac{1}{2}$ TURN

- 1 Step forward on right foot at 45° right pushing hips forward
& Roll/swing hips counter to the right, while turning $\frac{1}{4}$ turn left on both feet (weight forward over left foot)
2 Continuing the roll of hips counter to the right return weight back onto the right foot (facing 12)
3&4 Step back onto left foot, step right beside left, step left foot forward (coaster)
5 Step forward on right foot in front of the left foot
& Roll/swing hips forward then counter to the right, while turning $\frac{1}{2}$ turn left on both feet
6 Continuing the roll of hips counter to the right return weight back onto the right foot (facing 6:00)
7&8 Step back onto left foot, step right beside left, step left foot forward (coaster)

STEP ROCK BEHIND SIDE, SIDE BEHIND MONTEREY TURN

- 1-4 Step right to side, rock onto left, step right behind left, step left to side
5-6 Step right to side, step left behind right
7&8 Touch right to side, turn $\frac{1}{2}$ turn right on left foot hitching right foot (facing 12:00)
1-4 Step right foot forward at 45° right bump right hip forward twice, bump hips back twice
5-8 Bump hips forward, back, forward, step forward onto left

OUT, OUT, TURN, COASTER STEP, FORWARD ROCK, TURN, TURN

- &1 Jump forward right to side, left to side (feet slightly apart)
2 Bending at the knees, dip down and up as you turn on both feet $\frac{1}{4}$ left, (weight finishes on right)
3&4 Step back onto left, step right beside left, step forward onto left (coaster step)
5-6 Step forward onto right, rock back onto left
&7-8 Turning half turn right step forward on right, turning half turn right, step back on left

TURN, STEP, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1-4 Turning $\frac{3}{4}$ turn right step onto right, step left to left side, cross shuffle to left side (right-left-right)
5-8 Step left to side, rock onto right, cross shuffle to right (left-right-left)

TURN, TOGETHER, TURN, HEEL, TURN, TOGETHER, TURN, SCUFF

- 1-2 Step right foot to right side with $\frac{1}{4}$ turn right, step left beside right
3-4 Step right foot to right side with $\frac{1}{4}$ turn right, tap left heel at 45' left (completing $\frac{1}{2}$ turn right)
5-6 Step left foot to left side with $\frac{1}{4}$ turn left, step right beside left
7-8 Step left foot to left side with $\frac{1}{2}$ turn left, scuff left heel forward (completing $\frac{1}{2}$ turn left)

REPEAT

RESTART

On the 5th wall, dance counts 1-40, then restart from the beginning of the dance

FINISH

Dance the last wall out to count 48 replacing the second half turn right with a $\frac{1}{4}$ turn right to complete a $\frac{3}{4}$ turn right in total to face the front wall.
