

Roller-Coaster

Count: 64

Wall: 2

Level: Intermediate/Advanced

Choreographer: Angie Shirley (UK)

Music: Life Is a Rollercoaster - Ronan Keating



CROSS, UNWIND, ROCK, ROCK, STEP, STEP, SLIDE, KNEE POPS

- &1-2 Step ball of left behind right, cross-step right over left, unwind ½ turn left, (weight on right)
- 3&4 Rock left behind right, rock forward onto right(&), step left to left side
- &5-6 Hitch right knee, long step right foot to right side, touch left toe next to right
- 7-8 Step left foot down popping right knee forward, step right foot down popping left knee forward

CROSS, UNWIND, ROCK, ROCK, STEP, STEP, SLIDE, KNEE POPS

- &9-16 Repeat counts &1-8

CROSS, UNWIND, LOCK STEPS, ROCK, ROCK

- &17-18 Step ball of left behind right, cross-step right over left, unwind ½ turn left, (weight on right)
- 19&20 Step back on left foot, lock right over left, step back on left foot
- 21&22 Step back on right foot, lock left over right, step back on right foot
- 24-24 Rock back on left foot, rock forward on right

FULL TURN, SHUFFLE, ROCK, ROCK, TRIPLE TURN

- 25-26 Make one full turn forward over left shoulder, stepping left, right
- 27&28 Shuffle forward, left, right, left
- 29-30 Rock forward onto right foot, rock back onto left
- 31&32 Triple half turn right, stepping right, left, right

ROCK, ROCK, COASTER, TOE TOUCHES, ROLL, STEP, (ROLLER-COASTER)

- 33-34 Rock forward onto left foot, rock back onto right
- 35&36 Step back on left foot, step right next to left, step forward onto left foot
- 37&38 Touch right toe out to right side, step right next to left, touch left toe out to left side
- 39-40 Roll hip & body over to left making ¼ turn right, step right foot next to left

ROCK, ROCK, COASTER, TOE TOUCHES, ROLL, STEP, (ROLLER-COASTER)

- 41-48 Repeat counts 33-40

CROSS SHUFFLE, STEP HINGE, CROSS SHUFFLE, ROCK, ROCK

- 49&50 Cross-step left over right, step right to right, cross-step left over right
- 51-52 Step right foot to right side, hinge ½ turn over left shoulder stepping left foot to left side
- 53&54 Cross-step left over right, step right to right, cross-step left over right
- 55-56 Rock left out to left side, rock in place on right

CROSS SHUFFLE, STEP HINGE, CROSS SHUFFLE, ROCK, ROCK

- 57-64 Repeat counts 49-56

REPEAT
