

No Roots

拍数: 64 墙数: 2 级数: Intermediate
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音乐: No Roots - Alice Merton : (Album: No Roots)



Intro 24 counts

S1: Out Out, Hold, Ball Cross, Side, Sailor ¼ L, Cross, Point

&1-2 RF step side (out), LF step side (out), hold
&3-4 RF step back to center on ball foot, LF cross over, RF step side
5&6 LF ¼ left cross behind, RF step beside, LF step slightly forward
7-8 RF cross over, LF point side [9]

S2: Out Out, Hold, Sailor, Sailor ¼ R Into Pivot ½ L, Fwd

&1-2 LF step side (out), RF step side (out), hold
3&4 LF cross behind, RF step beside, LF step side
5&6 RF ¼ right cross behind, LF step beside, RF step slightly forward
7-8 R+L ½ turn left, RF step forward [6]

S3: Rock Fwd Recover, Back, Point, Ball Fwd, Fwd, Out Out, Cross

1-4 LF rock forward, RF recover, LF step back, RF point forward
&5-6 RF step beside on ball foot, LF step forward, RF step forward
&7-8 LF step side (out), RF step side (out), LF cross over [6]

S4: Out Out, Cross, Unwind ½ L, Behind, ¼ R Fwd, Pivot ½ R, Triple Full Turn R

&1 RF step side (out), LF step side (out)
2-3 RF cross over, R+L ½ turn left
2-3 bounce slightly
4& LF cross behind, RF ¼ right step forward
5-6 LF step forward, L+R ½ turn right
7&8 LF ½ right step back, RF ½ right step forward, LF step forward [9]

S5: Heel Switches, Coaster, Toe Switches, Behind, ¼ R Fwd, Fwd

1&2 RF heel forward, RF together, LF heel forward
3&4 LF step back, RF together, LF step forward
5&6 RF point side, RF together, LF point side
7&8 LF cross behind, RF ¼ right step forward, LF step forward [12]

S6: Rock Fwd Recover, Ball Rock Fwd Recover, Ball Pivot ½ L, Shuffle Fwd

1-2 RF rock forward, LF recover
&3-4 RF step beside on ball foot, LF rock forward, RF recover
&5-6 LF step beside on ball foot, RF step forward, R+L ½ turn left
7&8 RF step forward, LF step beside, RF step forward [6]

S7: Sway x2, Half Box Fwd (x2)

1-2 LF step side with hips left, hips right
3&4 LF step side, RF together, LF step forward
5-6 RF step side with hips right, hips left
7&8 RF step side, LF together, RF step forward [6]

S8: Pivot ½ R, Shuffle ½ R, Coaster, Fwd, Scuff

1-2 LF step forward, L+R ½ turn right

3&4 LF ¼ right step side, RF step beside, LF ¼ right step back
5&6 RF step back, LF together, RF step forward
7-8 LF step forward, RF scuff [6]

Start again

TAG 1: After the 1st and 3rd wall [6]

Side, Behind Side Cross, Side, Rock Behind Recover, Kick Ball Cross

1 RF step side
2&3 LF cross behind, RF step side, LF cross over
4 RF step side
5-6 LF rock behind, RF recover
7&8 LF kick left forward, LF step beside on ball foot, RF cross over

Side, Behind Side Cross, Side, Rock Behind Recover, Kick Ball Cross

1 LF step side
2&3 RF cross behind, LF step side, RF cross over
4 LF step side
5-6 RF rock behind, LF recover
7&8 RF kick left forward, RF step beside on ball foot, LF cross over

TAG 2: After the 5th wall [6]:

Out Out, Hold, Ball Cross, Hold

&1-2 RF step side (out), LF step side (out), hold
&3-4 RF step on ball foot back to center, LF cross over, hold
