

Got No Roots

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kirsteen Currie (UK) & Lesley Stewart (SCO) - May 2018
音乐: No Roots - Alice Merton



Intro: 24 count intro start just before vocals

Restart: On walls 2 & 5 dance up to count 16 and add an & count to start the dance again

HEEL GRIND ¼ TURN, COASTER STEP, STEP ¼ TURN, CROSS SHUFFLE

1-2 Dig right heel forward, ¼ turn right
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, ¼ turn right
7&8 Cross step left over right, step right to right side, cross step left over right

¼ TURN, STEP, COASTER STEP, STEP, BOUNCE, STEP BOUNCE

1-2 ¼ turn left stepping back on right, step back on left
3&4 Step back on right, step left next to right, step forward on right
5-6 Step forward on left, bounce both heels
7-8 Step forward on right, bounce both heels

HEEL & TOE & TOE & HEEL ¼ TURN LEFT, ROCK, RECOVER, ½ TURN SHUFFLE

1&2& Dig left heel forward, step left next to right, touch right toe next to left, ¼ turn left stepping on right
3&4& Touch left toe next to right, step left next to right, dig right heel forward, step right next to left
5-6 Rock forward on left, recover on right
7&8 ½ turn left stepping forward on left, step right next to left, step forward on left

ROCK, RECOVER, ½ TURN SHUFFLE, ½ TURN SHUFFLE, ¼ TURN, TOUCH

1-2 Rock forward on right, recover on left
3&4 ½ turn shuffle right stepping right, left, right
5&6 ½ turn shuffle right stepping left, right, left
7-8 ¼ turn right stepping right to right side, touch left next right

& CROSS, HOLD, CROSS & CROSS, ROCK, RECOVER, BEHIND, ¼ TURN

&1-2 Step left next to right, cross right over left, HOLD
&3&4 Step left to left side, cross right over left, step left to left side, cross step right over left
5-6 Rock left out to left side, recover on right
7&8 Step left behind right, ¼ turn right stepping forward on right, step forward on left

ROCK, RECOVER, WALK BACK L, R, COASTER STEP, KICK BALL POINT

1-2 Rock forward, recover on left
&3-4 Step right next to left, walk back left & right
5&6 Step back on left, step right next to left, step forward on left
7&8 Kick right foot forward, bring back in place, point left to left side

KNEE IN, OUT, ¼ TURN, SHUFFLE FORWARD, ROCK, RECOVER, ½ TURN SHUFFLE

1-2 Bend left knee in, bend left knee out making a ¼ turn left weight on left foot
3&4 Step forward on right, step left next to right, step forward on right
5-6 Rock forward on left, recover on right
7&8 ½ turn left stepping forward on left, step right next to left, step forward on left

TOE SWITCHES, HEEL SWITCHES, KICK BALL BACK X2

1&2 Touch right toe to right side, bring back in place, touch left toe to left side

&3&4 Step left next to right, touch right heel forward, bring back in place, touch left heel forward
&5&6 Step left next to right, kick right forward, step right next to left, step back on left
7&8 Kick right forward, step right next to left, step back on left

Start Again.....Happy Dancing...
