

No Roots On The Ground

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Low Intermediate
编舞者: Martina Schiller (DE) - June 2017
音乐: No Roots - Alice Merton



Note: Start with singing

In Indiana - We start 8 counts after she sings the first chorus "gypsies in the night")

[1-8] SIDE, BEHIND, SIDE-HEEL & CROSS R & L, SIDE, BEHIND, SIDE-HEEL,(Heel Jacks)

1-2 RF step to side, cross LF behind RF
& 3 RF step to right, left heel diagonally at the front (heel jack)
& 4 LF next to RF, cross RF in front of LF
5-6 LF step to left, cross right behind LF
& 7 LF Step to the left, touch the heel diagonally at the front (heel jack)
& 8 RF next to LF, cross LF before RF

[9-16] STEP, PIVOT ½ L, SHUFFLE FWD, STEP, PIVOT ¼ R, CROSS. SHUFFLE

1,2 RF step forward, ½ turn left & weight on LF
3 4 RF Step forward, drop right next to RF, step forward
5,6 LF step forward, ¼ turn right and weight on RF cross
7&8 LF over RF, drop RF next to LF, cross LF over RF

[17-24] DIAG. ROCK STEP, COASTER STEP, L DIAG. ROCK STEP, COASTER STEP

1,2 RF step forward diagonally, weight back to LF cross
3&4 RF behind LF, step L to L, cross over LF
5,6 LF step oblique left, weight back on RF cross
7&8 LF behind RF, step RF to right, cross LF over RF

[25-32] ROCK STEP, ½ TURN SHUFFLE, SYNC. JAZZ BOX

1,2 RF step forward, weight back on LF
3&4 ½ turn right. & RF Step forward, drop right next to RF, step forward
5.6 LF cross over RF, RF step back
&7,8 LF next to RF, cross RF over LF, step LF to left

[33-40] BACK ROCK, SCISSOR STEP, ROCK STEP, COASTER STEP

1,2 RF step back, weight before on LF
3&4 RF step to right, drop right next to RF, cross RF over LF
5,6 LF step forward, weight back on RF
7&8 LF step back, drop RF next to LF, step forward LF

[41-48] ROCK STEP, ½ TURN SHUFFLE 2x, BACK ROCK

1,2 RF step forward, weight back on LF
3&4 ½ turn right. & RF Step forward, drop right next to RF, step forward
5&6 ½ turn right. & LF step back, drop RF next to LF, step back LF
7,8 RF step back, weight before on LF

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