

# Roller Coaster

拍数: 32      墙数: 2      级数: Improver  
编舞者: Paula J. Graves (UK)  
音乐: Life Is a Rollercoaster - Ronan Keating



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## GRAPEVINE WITH SHUFFLE TO RIGHT, CROSS ROCK, HIP ROCKS

- 1-2      Step right to side, cross left foot behind right foot
- 3&4      Step right to side, close left foot to right foot, step right foot to side
- 5-6      Cross left foot in front of right foot, rock weight back onto right foot
- 7-8      Step left foot to side pushing hips to left, rock hips to right

## HIP ROCKS, SHUFFLE TO LEFT, CROSS ROCK, SHUFFLE TO RIGHT WITH ¼ TURN RIGHT

- 1-2      Rock hips to left, rock hips to right
- 3&4      Step left foot to side, close right foot to left foot, step left foot to side
- 5-6      Cross right foot in front of left foot, rock weight back onto left foot
- 7&8      Take quarter turn to right as you shuffle forward right left right

## ROCKS FORWARD AND BACK, SHUFFLE HALF TURN TO LEFT

- 1-2      Left foot forward pushing hips forward, rock weight back onto right foot
- 3-4      Left foot back pushing hips back, rock weight forward onto right foot
- 5-6      Left foot forward pushing hips forward, rock weight back onto right foot
- 7&8      Shuffle half turn to left stepping left right left

## HALF TURN TO LEFT, SHUFFLE FORWARD, QUARTER TURN TO RIGHT, STEP SCUFF

- 1-2      Right foot forward, half turn to left transferring weight onto left foot
- 3&4      Right foot forward, close left foot to right, right foot forward
- 5-6      Left foot forward, quarter turn to right transferring weight onto right foot
- 7-8      Step left foot forward and across right foot, scuff right heel

## REPEAT

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