

Rollercoaster

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Hazel Wood
音乐: Life Is a Rollercoaster - Ronan Keating



CROSS ROCK, SIDE SHUFFLE RIGHT, CROSS ROCK, SIDE SHUFFLE LEFT WITH ¼ TURN LEFT

1-2 Rock right forward & across left, replace weight to left
3&4 Step right to right, close left to right, step right to right
5-6 Rock left forward & across right, replace weight to right
7&8 Step left to left, close right to left, step left turning ¼ turn left

PIVOT ½ TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER STEP

1-2 Step forward with right, pivot ½ turn left (end with weight on left)
3&4 Step right forward, close left to right, step right forward
5-6 Rock forward on left, replace weight to right
7&8 Step back on left, close right to left, step forward on left

PIVOT ½ TURN TO LEFT TWICE, SIDE, BEHIND, BALL-CROSS, SIDE

1-2 Step forward on right, pivot ½ turn left (end with weight on left)
3-4 Step forward on right, pivot ½ turn left (end with weight on left)
5-6 Step to side on right foot, cross left behind right foot
&7 Step to side on ball of right foot, cross left in front of right
8 Step to side on right foot

ROCK BACK, REPLACE, STEP LEFT, TAP, MONTEREY TURN

1-2 Rock back on left foot, replace weight to right
3-4 Step left to left, tap right foot to left (weight on left)
5-6 Point right foot to right side, pivot ½ turn right on ball of left close right foot to left
7-8 Point left foot to left side, close left to right (weight on left)

ROCK RIGHT, REPLACE, CROSSING SHUFFLE, ROCK LEFT, REPLACE, CROSSING SHUFFLE

1-2 Rock right out to right side, replace weight to left (angle body slightly left)
3&4 Step right forward & across left, close left to right, step right forward & across left
5-6 Rock left out to left side, replace weight to right (angle body slightly right)
7&8 Step left forward & across right, close right to left, step left forward & across right

ROCK RIGHT, REPLACE TURNING ¼ TURN LEFT, SHUFFLE FORWARD, FULL TURN RIGHT SHUFFLE FORWARD

1-2 Rock right out to right side, replace weight to left turning ¼ turn left
3&4 Step right forward, close left to right, step right forward
5 Pivot ½ turn right on ball of right foot and step back onto left foot
6 Pivot ½ turn right on ball of left foot and step forward onto right foot
(Full turn can be replaced with 2 walks forward)
7&8 Step left forward, close right to left, step left forward

PIVOT ½ TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER

1-2 Step forward on right foot, pivot ½ turn to left (weight ends on left)
3&4 Step right forward, close left to right, step right forward
5-6 Rock forward on left, replace weight onto right
7&8 Step back on left, close right to left, step forward on left

PIVOT ½ TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER

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| 1-2 | Step forward on right foot, pivot ½ turn to left (weight ends on left) |
| 3&4 | Step right forward, close left to right, step right forward |
| 5-6 | Rock forward on left, replace weight onto right |
| 7&8 | Step back on left, close right to left, step forward on left |

REPEAT
