

Rollercoaster

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: David Harrison (UK)
音乐: Life Is a Rollercoaster - Ronan Keating



RIGHT SHUFFLE FORWARD, ¼ TURN, SIDE SHUFFLE LEFT, ¼ TURN ROCK STEP, WALK FORWARD

- 1&2 Shuffle forward, stepping right, left, right
- 3&4 Make ¼ turn to the left on right foot and shuffle to the left side, stepping left, right, left
- 5-6 Make ¼ turn to the left on left foot, rocking back on right foot, rock forward onto left foot 7-8 walk forward, stepping right, left
- 9-16 Repeat steps 1-8

ROCK STEP X 3, FULL TURN BACKWARDS

- 17-18 Rock forward on right foot, rock back on left foot
- 19-20 Rock back on right foot, rock forward on left foot
- 21-22 Rock forward on right foot, rock back on left foot
- 23-24 Make ½ turn to the right on left foot stepping forward on right foot, make ½ turn to the right on right foot stepping back on left foot

ROCK STEP X3, FULL TURN FORWARD

- 25-26 Rock back on right foot, rock forward on left foot
- 27-28 Rock forward on right foot, rock back on left foot
- 29-30 Rock back on right foot, rock forward on left foot
- 31-32 Make ½ turn to the left on left foot stepping back on right foot, make ½ turn to the left on right foot stepping forward on left foot

SIDE, BEHIND, SIDE SHUFFLE & TURN TWICE

- 33-34 Step to the right on right foot, cross left behind right bending knees slightly
- 35&36 Shuffle to the right, stepping right, left, right and making ¼ turn to the left
- 37-38 Step to the left on left foot, cross right foot behind left bending knees slightly
- 39&40 Shuffle to the left stepping left, right, left, making ¼ turn to the left
- 41-48 Repeat steps 33-40

ROCK STEPS X 3, SIDE SHUFFLE & TURN

- 49-50 Rock forward on right foot, rock back onto left foot
- 51-52 Rock to the right on right foot, rock weight back onto left foot
- 53-54 Rock back on right foot, rock forward on left foot
- 55&56 Shuffle to the right, stepping right, left, right, making ¼ turn to the left

ROCK STEP X 3, SIDE SHUFFLE LEFT

- 57-58 Rock back on left foot, rock forward on right foot
- 59-60 Rock to the left on left foot, rock weight back onto right foot
- 61-62 Rock forward on left foot, rock back onto right foot
- 63&64 Shuffle to the left, stepping left, right, left

REPEAT
