

Rollercoaster

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



SIDE BEHIND CHASSE, CROSS UNWIND CROSS SHUFFLE

1-2 Step right to right side, step left behind right
3&4 Step right to right side, close left, step right to right
5-6 Cross left over right, unwind half turn
7&8 Cross shuffle left over right
9-16 Repeat counts above

SIDE ROCK REVERSE PIVOT SHUFFLE PIVOT TURN

17-18 Rock right to right side, weight back on left
19-20 Step right behind, on ball of left foot, pivot ½ turn over right shoulder
21&22 Left shuffle forward
23-24 Step right forward, pivot ½ turn over left shoulder

ROCK FORWARD AND BACK COASTER STEP TWICE

25-26 Rock right foot forward, back onto left
27&28 Back right, back left, forward right
29-30 Rock left foot forward, back onto right
31&32 Back left, back right, forward left

KICK STEP POINTS REVERSE PIVOT

33&34 Kick right forward, step forward with right foot, point left to left side
35&36 Repeat steps 33 & 34 on left
37&38 Repeat steps 33 & 34
39-40 Step left behind, pivot ½ turn on ball of right foot, over left shoulder, taking weight onto left

STEP CLOSE LOCK STEP ROCK FORWARD BACK LOCK STEP

41-42 Step right forward, close left behind right
43&44 Step right forward, step left behind right, step right forward
45-46 Rock forward onto left, back onto right
47&48 Step back left, cross right over left, step back left

SIDE ROCK SAILOR STEP CROSS ROCK ¼ SHUFFLE TURN

49-50 Rock right foot to right side, rock back onto left
51&52 Cross step right behind left, step left next to right, right next to left
53-54 Cross rock left over right, rock back onto right
55&56 Step left to left side, right behind left, step left ¼ turn left

STEP STEP APPLE JACK STEP STEP APPLE JACK

57-58 Step right forward, step left forward
& With weight on right heel and left toe, swivel right
59 Return feet to center
& With weight on left heel and right toe, swivel left
60 Return feet to center
61-64 Repeat above four counts

REPEAT

