

Coasterolling

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Life Is a Rollercoaster - Ronan Keating



ROCK RIGHT, CROSS SHUFFLE LEFT, ROCK LEFT, CROSS SHUFFLE RIGHT

1-2 Rock right to right, recover onto left
3&4 Cross right over left, left to left side, cross right over left
5-6 Rock left to left, recover onto right
7&8 Cross left over right, right to right side, cross left over right

BACK ¼ TURN, FORWARD ¼ TURN, CHASSE RIGHT, LEFT CROSS ROCK, CHASSE LEFT

1-2 Step right back turning ¼ left, step forward left turning ¼ turn left
3&4 Step right to right side, close left beside right, right to right side
5-6 Cross left over right, recover onto right
7&8 Step left to left side, close right to left, left to left side

CROSS ROCK, ¼ RIGHT, ¼ RIGHT, BEHIND, ¼ LEFT, CHASSE RIGHT

1-2 Cross right over left, recover onto left
3-4 Turn ¼ right stepping right forward, turn ¼ right stepping left to left side
5-6 Cross right behind left, turn ¼ left stepping left forward
7&8 Right to right side, close left to right, right to right side

TAP, POINT, ½ TURN RIGHT, SHUFFLE ¼ TURN LEFT, BACK LOCK STEP

1-2 Tap left heel forward, point left toe to left side
3-4 Step back left, on ball of left make ½ turn right hooking right in front of left
5&6 Step right forward, close left to right, ¼ turn left stepping right to right side
7&8 Step back left, lock right in front of left, step left back

ROCK BACK, ROCK RIGHT, CROSS, POINT, CROSS TOE STRUT

1-2 Rock back right, recover onto left
3-4 Rock right to right side, recover onto left
5-6 Cross right over left, point left toe to left
7-8 Cross left toe over right, drop heel with weight

Restart here on 5th wall facing front wall

¼ TURN TOE STRUT, ½ PIVOT RIGHT, LEFT SHUFFLE, RIGHT SHUFFLE

1-2 While ¼ turn right step right toe forward, drop right heel
3-4 Step left forward, ½ pivot turn right onto right
5&6 Step left forward, close right beside left, forward left
7&8 Forward right, close left to right, forward right

ROCK, TRIPLE TURN ½ LEFT, SYNCOPATED JAZZ BOX, STEP

1-2 Rock forward left, recover onto right
3&4 Triple turn ½ left using left-right-left
5-6 Cross right over left, step back left
7&8 Step right to right side, step left beside right, step forward right

FORWARD, TOUCH, BACK, ¼ TURN LEFT, CROSS, LEFT ROCK, SAILOR TURN LEFT

1-2 Step forward left, touch right behind left
3&4 Step back right, left to left side turning ¼ left, cross right over left

5-6

Rock left to left side, recover onto right

7&8

Step left behind right, right to right side $\frac{1}{4}$ turn left, step forward left

REPEAT

RESTART

Restart on 5th wall after count 40
