

Like A Rollercoaster

拍数: 40 墙数: 2 级数: Beginner
编舞者: Bente Kongstad (DK) - September 2011
音乐: Like a Rollercoaster - Sugar & The Lollipops



Intro: 20 counts

Vine R with touch, vine L with touch

1-2 step R to R side, step L behind R
3-4 step R to R side, touch L beside R
5-6 step L to L side, step R behind L
7-8 step L to L side, touch R beside L

Side touch R, side touch L, rock ½ turn R, hold

1-2 step R to R side, touch L beside R
3-4 step L to L side, touch R beside L
5-6 rock fw R, recover weight L
7-8 make ½ turn R (weight on R), hold

Rock fw L, recover, rock back L, hold, rock back R, recover, rock fw R, touch

1-2 rock fw L, recover weight on R
3-4 rock back L, hold
5-6 rock back R, recover weight L
7-8 touch R next to L, hold

Step diagonally fw R, touch L, step diagonally back L, touch R, step diagonally back R, touch L, step diagonally fw L, touch R

1-2 step diagonally fw R, touch L next to R
3-4 step diagonally back L, touch R next to L
5-6 step diagonally back R, touch L next to R
7-8 step diagonally fw L, touch R next to L

Heel split, heel dig R, heel split, heel dig L

1-2 with weight on balls of feet split heels apart, bring heels together
3-4 dig R heel fw, step R next to L
5-6 with weight on balls of feet split heels apart, bring heels together
7-8 dig L heel fw, step L next to R (weight on L)

Restarts: there are 4 easy restarts

During wall 2: dance until count 12, then restart dance (facing 6 o'clock)

During wall 5: dance until count 12, then restart dance (facing 6 o'clock)

During wall 8: dance until count 12, then restart dance (facing 6 o'clock)

During wall 10: dance until count 8, then restart dance (facing 12 o'clock)

Ending: during wall 12, dance until count 4, then make vine L with ½ turn and touch

Vine R with touch, vine L with ½ turn and touch

1-3 step R to R side, step L behind R
3-4 step R to R side, touch L beside R
5-7 step L to L side, step R behind L
7-8 make ½ turn L, touch R beside L