

No Roots

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Hiroko Carlsson (AUS) - April 2018
音樂: No Roots - Alice Merton : (iTunes)



(24 count intro/ Starts on vocal)

[S1] Side w/ 1/2R, Side w/ 1/2R, Side, Switch, Fwd, 1/2R Back, Shuffle Back

1 2 Step R to right side and on ball of right foot make a ½ turn to right, Step L to left side and on ball of left foot make a ½ turn to right
3 4 Step R to right side, Step L next to R (12:00)
5 6 Step R forward, Make a ½ turn right stepping back on L
7&8 Shuffle back R-L-R (6:00)

[S2] Back, Side Touch, Fwd, 1/2R Back, Back, Side Touch, Shuffle Fwd

1 2 Step L back, Point R to right side
3 4 Step R forward, Make a ½ turn right stepping back on L
5 6 Step R back, Point L to left side
7&8 Shuffle forward L-R-L** (12:00)

[S3] Fwd-Together, Kick Ball-Behind, Kick Ball-Cross, Kick Ball-Behind-1/4R Fwd-Side (Rock)

&1 Step R forward, Step L next to R
2&3 Kick R forward, Step R to side, Step L behind R
4&5 Kick R forward, Step R to side, Cross L over R
6&7 Kick R forward, Step R to side, Step L behind R
&8 Make a ¼ turn right stepping R forward, Rock/step L to left side (3:00)

[S4] Recover, Cross Shuffle, Side Rock, Cross Shuffle, Side

1 Recover weight on R
2&3 Cross L over R, Step R close to L, Cross L over R
4 5 Rock/step R to right side, Recover weight on L
6&7 Cross R over L, Step L close to R, Cross R over L
8 Step L to left side*** (3:00)

[S5] Step-Pivot 1/2L, Step-Lock-Step, Step-Pivot 1/4R, Full Turn Fwd

1 2 Step R forward, Make a ½ turn left recover weight on L
3&4 Lock step R-L-R (9:00)
5 6 Step L forward, Make a ¼ turn right recover weight on R
7 8 Make a ½ turn right stepping L back, Make a ½ turn right stepping R forward (12:00)

[S6] Step-Pivot 1/2R, Step-Lock-Step, 1/4L Back, 1/2L Fwd, 1/2L Back, 1/2L Fwd

1 2 Step L forward, Make a ½ turn right recover weight on R
3&4 Lock step L-R-L (6:00)
5 6 Make a ¼ turn left stepping R back, Make a ½ turn left stepping L forward
7 8 Make a ½ turn left stepping R back, Make a ½ turn left stepping L forward (9:00)

[S7] Rock Fwd, Back-Back, 1/2R Fwd, Rock Fwd, Back-Touch, Unwind 1/2R

1 2 Rock/step R forward, Recover weight on L
&3 4 Step R back, Step L back, Make a ½ turn right stepping R forward (3:00)
5 6 Rock/step L forward, Recover weight on R
&7 8 Step L back, Touch R back, 1/2R unwind weight ends on R (9:00)

[S8] Side Rock, Behind-Side-Cross-Side-&, 1/4R Fwd, Step-Pivot 1/2R, Fwd

1 2 Rock/step L to left side, Recover weight on R
&3& Step L behind R, Step R to right side, Cross L over R
4& Step R to right side, Step L next to R
5 6 Make a ¼ turn right stepping R forward, Step L forward
7 8 Make a ½ turn right recover weight on R, Step L forward (6:00)

***1st Restart on Wall 2 count 16** (6:00)**

****2nd Restart on Wall 5 count 16** (6:00)**

*****3rd Restart on Wall 7 count 32*** (3:00) + 4 count Tag - 1/4L Pivot, 1/2L Pivot (6:00)**

(Dance up to section 4, add following steps)

1 2 Step R forward, Make a ¼ turn left recover weight on L (12:00)

3 4 Step R forward, Make a ½ turn left recover weight on L (6:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 22/Apr/18)**
