

Roller Coaster

拍數: 32 牆數: 2 級數: Improver
編舞者: Paula J. Graves (UK)
音樂: Life Is a Rollercoaster - Ronan Keating



GRAPEVINE WITH SHUFFLE TO RIGHT, CROSS ROCK, HIP ROCKS

1-2 Step right to side, cross left foot behind right foot
3&4 Step right to side, close left foot to right foot, step right foot to side
5-6 Cross left foot in front of right foot, rock weight back onto right foot
7-8 Step left foot to side pushing hips to left, rock hips to right

HIP ROCKS, SHUFFLE TO LEFT, CROSS ROCK, SHUFFLE TO RIGHT WITH ¼ TURN RIGHT

1-2 Rock hips to left, rock hips to right
3&4 Step left foot to side, close right foot to left foot, step left foot to side
5-6 Cross right foot in front of left foot, rock weight back onto left foot
7&8 Take quarter turn to right as you shuffle forward right left right

ROCKS FORWARD AND BACK, SHUFFLE HALF TURN TO LEFT

1-2 Left foot forward pushing hips forward, rock weight back onto right foot
3-4 Left foot back pushing hips back, rock weight forward onto right foot
5-6 Left foot forward pushing hips forward, rock weight back onto right foot
7&8 Shuffle half turn to left stepping left right left

HALF TURN TO LEFT, SHUFFLE FORWARD, QUARTER TURN TO RIGHT, STEP SCUFF

1-2 Right foot forward, half turn to left transferring weight onto left foot
3&4 Right foot forward, close left foot to right, right foot forward
5-6 Left foot forward, quarter turn to right transferring weight onto right foot
7-8 Step left foot forward and across right foot, scuff right heel

REPEAT
