

Rollercoaster

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: Life Is a Rollercoaster - Ronan Keating



SIDE SHUFFLE RIGHT, CROSS OVER FULL TURN, SIDE, BEHIND, BALL ¼, ½ TURN

- 1&2-3-4 Side shuffle right stepping right-left-right, cross left over right, unwind full turn right (end weight right)
5-6&7-8 Step side left, cross right behind left, step onto ball of left, turning ¼ turn left step forward right, pivot ½ turn left

STEP FORWARD, TAP, BALL STEP, SCUFF, SHUFFLE, STEP FORWARD, ½ PIVOT

- 1-2&3-4 Step forward right, tap left beside right, ball step (step back left pushing forward on right), scuff left forward
5&6-7-8 Shuffle forward left stepping left-right-left, step forward on right pivot ½ turn left (end weight on left)

DOROTHY RIGHT & LEFT, HIP RIGHT FORWARD, CENTER, HIP BACK, CENTER

- 1-2& Step right 45 degrees right, lock left behind right, step right 45 degrees right
3-4& Step left 45 degrees left, lock right behind left, step left 45 degrees left
5-6-7-8 Step forward on right 45 degrees right pushing hip forward, rock weight back to left, step back on right 45 degrees right pushing hip back, rock weight back to left

STEP FORWARD, ¼ TURN, CROSS SHUFFLE, ¼, ½, FULL TRIPLE

- 1-2-3&4 Step forward right pivot ¼ turn left, cross shuffle right over left stepping right-left-right
5-6-7&8 Step back on left turning ¼ turn right, step back right turning ½ turn right, traveling forward turn full turn right stepping left-right-left

ROCK FORWARD, ROCK BACK, ½ SHUFFLE, ½ SHUFFLE, TOUCH BACK ½ TURN

- 1-2-3&4 Rock forward right, rock back on left, turning ½ turn right shuffle right stepping right-left-right
5&6-7-8 Turning ½ turn right shuffle left stepping left-right-left, touch right toe back, pivot ½ turn right (end weight left)

ROCK BACK, ROCK FORWARD, ROCK FORWARD, ROCK BACK, TOUCH BACK, ½ PIVOT RIGHT COASTER

- 1-2-3-4 Rock back on right, rock forward on left, rock forward on right rock back on left
5-6 Touch right toe back, pivot ½ turn right (end weight left)
7&8 Right coaster - step back on right, step left beside right, step forward on right foot

DOROTHY LEFT & RIGHT, HIP LEFT FORWARD, CENTER, HIP BACK, CENTER

- 1-2& Step left 45 degrees left, lock right behind left, step left 45 degrees left
3-4& Step right 45 degrees right, lock left behind right, step right 45 degrees right
5-6-7-8 Step forward on left 45 degrees left pushing hip forward, rock weight back to right, step back on left 45 degrees left pushing hip back, rock weight back to right

STEP FORWARD, ¼, BEHIND, SIDE, CROSS, SIDE ROCK, CENTER, BEHIND, SIDE, TAP

- 1-2-3&4 Step forward left, pivot ¼ turn right, cross left behind right, step right to right, cross left over right
5-6-7&8 Rock right to right, rock weight back to left, cross right behind left, step left to left, tap right beside left

REPEAT

