

# Coasterolling

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Håkan Westerberg (SWE)  
音樂: 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**

---