

Bring Me To The Top!

拍數: 48 牆數: 4 級數: Easy Intermediate - smooth
編舞者: Sebastiaan Holtland (NL) - May 2013
音樂: Rollacoasta (feat. Estelle) - Robin Thicke : (iTunes)



32 count intro (start on vocals).

Sec 1: [1-8] Fwd Rock, Recover, & Back, Knee Pop, Hold, Replace, ½ Pivot L, ½ L, Back, ¼ L, Side.

1-2 Rock Rt forward, recover on Lt. (12:00)
&3-4 Step Rt back, lift L heel off the floor as you pop your L knee forward, drop heel to the floor.
5-6 Step Rt forward, turn ½ left (6) take weight on Lt.
7-8 Turn ½ left (12) step Rt back, turn ¼ left (9) step Lt to the left weight onto Lt.

Sec 2: [9-16] Dorothy Step R, ¼ Dorothy Step L, ½ Pivot L, Step Hip Pushes Fwd R-L.

1,2& Step Rt slightly diagonal fwd, lock Lt behind Rt, step Rt slightly diagonal fwd.
3,4& Turn ¼ left (6) step Lt slightly diagonal fwd, lock Rt behind Lt, step Lt slightly diagonal fwd.
5-6 Step Rt forward, turn ½ left (12) take weight on Lt.
7-8 Step Rt out slightly fwd on toe push hip forward replace, step Lt out on toe slightly fwd push hip forward replace. (12:00)

Sec 3: [17-24] Kicks & Points R-L, Cross, Back, Out, Out.

1&2 Kick Rt forward, step Rt back in place, point Lt out to the left.
3&4 Kick Lt forward, step Lt back in place, point Rt out to the right.
5-6 Cross Rt over Lt, step Lt back.
7-8 Step Rt out to right, step Lt out to left. (12)

Sec 4: [25-32] ¼ Pivot L, Together, Side, Hold, Together, Side Rock, Recover, Behind, Point.

1-2 Step Rt forward, turn ¼ left (9) take weight on Lt.
&3-4 Step Rt next to Lt, step Lt to the left, Hold
&5-6 Step Rt next to Lt, rock Lt to the left, recover on Rt.
7-8 Step Lt behind Rt, point Rt out to right. (9:00)
1st Restart here WALL 3 after 28 count (6 o'clock) after start again (3 o'clock).
2nd Restart here WALL 6 after 28 count (9 o'clock) after start again (6 o'clock).

Sec 5: [33-40] Cross, ¼ R, Back, Back, Touch Fwd, Replace, ½ R, Touch Fwd, Hip Push R Fwd, Recover.

1-2 Cross Rt over Lt, turn ¼ left (12) step Lt back.
3-4 Step Rt back, touch Lt forward.
5-6 Turn ½ right (6) step Lt back in place, touch Rt forward.
7-8 Push R hip forward, recover on Lt.

Sec 6: [41-48] Walk, Walk, R Ankle Rock, ½ L, Step, ¼ L, Side, Sweep, L Sailor Step.

1-2 Walk Rt forward, walk Lt forward.
3&4 Locked Rt behind Lt take weight onto Rt, recover on Lt, recover on Rt.
5-6 Turn ½ left (12) step Lt slightly forward, turn ¼ left (9) step Rt to the right sweep Lt from front to back.
7&8 Step Lt behind Rt, step Rt to the right, step Lt slightly forward weight onto Lt. (9:00)

Note: Later in the song is the music totally cuts out, please try to keep dancing through.

Start again and have fun!

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