

Rollercoaster

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Judith Godleman-Watson (UK)

Musik: Life Is a Rollercoaster - Ronan Keating



TOUCH HOOK, SHUFFLE, TOUCH KICK, SHUFFLE

- 1-2 Touch right toe forward, hook right across left leg
- 3&4 Shuffle forward right, left, right
- 5-6 Touch left toe behind right, kick left leg out to left side
- 7&8 Shuffle forward left, right, left

½ PIVOT, SHUFFLE FORWARD, SWEEP, ROCK BEHIND

- 9-10 Step forward right, step on left turning ½ turn to left
- 11&12 Shuffle forward right, left right
- 13-14 Sweep left foot around from left to right, turning ½ turn to right
- 15&16 Rock behind with right, step left in place, tap right beside left

SYNCOPATED SHUFFLE, HOLD, ROCK BEHIND, BODY ROLL

- 17&18 Step right to right side, step left to right, step right to right side
- &19-20 Step left to right, step right to right side, hold
- 21&22 Rock behind with left, step right in place, step left to left side
- 23-24 With feet apart full body roll to the left

KICK & TOUCH TWICE (TRAVELING), SCUFF, CROSS, BEHIND ¼ TURN RIGHT

- 25&26 Kick left to left side, step left to left side, touch right next to left
- 27&28 Repeat as above
- 29-30 Scuff right, cross right over left
- 31&32 Step back on left, step right ¼ turn to right, touch left to right

REPEAT

TAG

After 9th wall

4 X MAMBO ROCK STEPS:

- 1&2 Rock right to right side, left in place, step right next to left
- 3&4 Rock left to left side, right in place, step left next to right
- 5&6-7&8 Repeat as above