

# Roller-Coaster

**COPPER** KNOB  
STEPSHEETS

**Count:** 64

**Wall:** 2

**Level:** Intermediate/Advanced

**Choreographer:** Angie Shirley (UK)

**Music:** Life Is a Rollercoaster - Ronan Keating



## **CROSS, UNWIND, ROCK, ROCK, STEP, STEP, SLIDE, KNEE POPS**

- &1-2 Step ball of left behind right, cross-step right over left, unwind ½ turn left, (weight on right)  
3&4 Rock left behind right, rock forward onto right(&), step left to left side  
&5-6 Hitch right knee, long step right foot to right side, touch left toe next to right  
7-8 Step left foot down popping right knee forward, step right foot down popping left knee forward

## **CROSS, UNWIND, ROCK, ROCK, STEP, STEP, SLIDE, KNEE POPS**

- &9-16 Repeat counts &1-8

## **CROSS, UNWIND, LOCK STEPS, ROCK, ROCK**

- &17-18 Step ball of left behind right, cross-step right over left, unwind ½ turn left, (weight on right)  
19&20 Step back on left foot, lock right over left, step back on left foot  
21&22 Step back on right foot, lock left over right, step back on right foot  
24-24 Rock back on left foot, rock forward on right

## **FULL TURN, SHUFFLE, ROCK, ROCK, TRIPLE TURN**

- 25-26 Make one full turn forward over left shoulder, stepping left, right  
27&28 Shuffle forward, left, right, left  
29-30 Rock forward onto right foot, rock back onto left  
31&32 Triple half turn right, stepping right, left, right

## **ROCK, ROCK, COASTER, TOE TOUCHES, ROLL, STEP, (ROLLER-COASTER)**

- 33-34 Rock forward onto left foot, rock back onto right  
35&36 Step back on left foot, step right next to left, step forward onto left foot  
37&38 Touch right toe out to right side, step right next to left, touch left toe out to left side  
39-40 Roll hip & body over to left making ¼ turn right, step right foot next to left

## **ROCK, ROCK, COASTER, TOE TOUCHES, ROLL, STEP, (ROLLER-COASTER)**

- 41-48 Repeat counts 33-40

## **CROSS SHUFFLE, STEP HINGE, CROSS SHUFFLE, ROCK, ROCK**

- 49&50 Cross-step left over right, step right to right, cross-step left over right  
51-52 Step right foot to right side, hinge ½ turn over left shoulder stepping left foot to left side  
53&54 Cross-step left over right, step right to right, cross-step left over right  
55-56 Rock left out to left side, rock in place on right

## **CROSS SHUFFLE, STEP HINGE, CROSS SHUFFLE, ROCK, ROCK**

- 57-64 Repeat counts 49-56

## **REPEAT**