

No Roots

拍数: 64 墙数: 2
编舞者: Isabell Allert (DE) - April 2017
音乐: No Roots - Alice Merton

级数: Phrased Intermediate



Phrasing: A,A,Tag1,B,B,A,A,Tag1,B,B,A with Tag2,A,B,B

Part A: 32 counts

(1-8) □ Grapevine, Touch, Rolling Vine, Cross Rock

- 1-3 Step RF to the right side, cross LF behind RF, step RF to the side
- 4 Touch LF next to RF
- 5-7 make a ¼ turn left step LF forward, ½ turn left step RF back, ¼ turn left step LF to the side
- 8& RF cross over LF, weight back on LF

(9-16) □ Chasse right ¼ turn, Step Turn ½, ¼ Turn, Behind, Side, Cross, Side Rock

- 1&2 Step RF to the right side, close LF next to RF, ¼ turn right step RF forward
- 3-4 Step LF forward, ½ turn right, weight on RF
- 5 ¼ turn right, step LF to the side
- 6&7 Cross RF behind LF, Step LF to the side, RF cross over LF
- 8-1 Step LF to the side, weight back on RF

(17-24) Behind, Side, Cross, Side Rock, Touch & Heel, Step ½ Turn

- 2&3 Cross LF behind RF, RF step to the side, cross LF over RF
- 4-5 Step RF to the side, weight back on LF
- 6&7& Touch RF next to LF, RF close to LF, touch left heel diagonally forward, close LF next to RF
- 8-1 Step RF forward, ½ turn left, weight on left

(25-32) Out, Out, In, In, Rock Step, Touch

- 2-3 Step RF diagonally outside, step LF diagonally outside
- 4-5 Step RF diagonally inside, step LF diagonally inside
- 6-7 Step RF forward, weight back on LF
- 8 Touch RF next to LF

Tag 1:

(1-8) □ Step ¼ Turn, Step ¼ Turn, Step ¼ Turn, Step ¼ Turn, Close, Arm movement

- 1-4 ¼ turn right step RF forward, ¼ turn right step LF forward, ¼ turn right step RF forward, ¼ turn right step LF forward
- 5 Close RF next to LF
- 6-8 Both arms form a circle from the inside to outside

Part B: 32 counts

(1-8) □ Side, Drag, Point, Touch, Grapevine, Close

- 1 Big step right with RF, push both hands to left with right arm bend near to chest, left arm straight to left side
- 2 Drag LF toward RF
- 3 Make a point with LF to the side
- 4 Touch LF next to RF
- 5-7 Step LF to left to the side, cross RF behind LF, step LF to the side
- 8 Close RF next to LF (weight on RF)

(9-16) □ Side, Drag, Point, Touch, Grapevine, Close

- 1 Big Step with LF to the side, push both hands to the right side, with right arm bend near to chest, left arm straight to right side

- 2 Drag RF towards LF
- 3 Make a point with RF to the side
- 4 Touch RF next to LF
- 5-7 Step RF to the side, cross LF behind RF, step RF to the side
- 8 Close LF next to RF (weight on LF)

(17-24) □ Touch, Swivel, Coaster Step, Step, Point, Point

- 1 Touch RF forward
- 2&3 Swivel right heel outside, inside outside
- 4&5 Step RF back, close LF next to RF, step RF forward
- 6 Step LF forward
- 7-8 Make a point with RF forward, make a point with RF backwards

(25-32) □ Touch, Swivel, Coaster Step, Step, Step ½ Turn

- 1 Touch RF forward
- 2&3 Swivel right heel outside, inside, outside
- 4&5 Step RF backwards, close LF next to RF, step RF forward
- 6 LF step forward
- 7-8 step RF forward ½ turn left (weight on LF)

Tag 2: □ in Part A after 28 Counts

(1-4) □ Out, Out, In, In (count 6,7,8,1 in the dance)

- 1-2 RF diagonally outside, LF diagonally outside
- 3-4 RF diagonally inside, LF diagonally inside

Dance Part A till the end (Count 6-8 Rock Step, Touch; count 2,3,4 in the dance)

Ending: After the step turn ½ stand hip-wide, move both arms outside

Contact: isabell.allert@web.de

Last Update – 4th June 2017
