Ride The Rollercoaster



拍数: 32 墙数: 4 级数: High Improver

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音乐: Rollercoaster - Yes Yes & Louis III



Intro: 32 Counts. Start at approx 17 secs.

SEC 1: KICK, OUT OUT, HIP BUMPS RIGHT & LEFT, SLIDE, BALL CROSS	SEC 1: KICK.	OUT OUT.	. HIP BUMPS RIGH	HT & LEFT. SI	LIDE. BALL CROSS
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1&2 Kick right forward, Step right to right, Step left to left

3-4 Hip bumps to right, Hip bumps to left
5-6 Big step right to right, dragging left to right
&7 Step left next to right, Cross right over left

SEC 2: 1/2 TURN R, HOLD, HEEL GRIND, SLIDE BACK, BALL STEP FORWARD, STEP FORWARD

8-1 1/4 turn right step left back, 1/4 turn right step right to right side (6:00)

2 Hold keeping your weight on your right

3-4 Left heel grind, 1/4 turn left step right back (3:00)

5-6 Step left back, while dragging right

Styling: Left hand raise up to chest level pushing forward, doing a "Stop" movement (On wall 2,3,6,7)

&7-8 Step right next to left, Step left forward, Step right forward

SEC 3: ROCK, SWEEP, BEHIND SIDE CROSS, 1/2 TURN PADDLE

1-2	Rock left forward	recover weight onto right while sweep left from front to back
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3&4 Step left behind right, Step right to right, Left cross over right

5-6 Step right to right side and sway hip to right, Recover onto left making a 1/4 turn left (12:00)
7-8 Step right to right side and sway hip to right, Recover onto left making a 1/4 turn left (9:00)

SEC 4: SYNCOPATED JAZZ BOX, MINI RUN x7

1 Cross right over left, while slightly bending both knees 2&3 Step left backwards, Step right to right, Step left forward

4 Step right forward

5&6&7&8 Mini run forward on left, right, left, right, left, right, left

Styling: both hand doing waves down and up x4 on 5-8