

# Roller-Coaster

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: Angie Shirley (UK)  
音乐: 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**