

# Rollercoaster

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Life Is a Rollercoaster - Ronan Keating



## CROSS ROCK, TOUCH UNWIND, STEP HOLD, STEP RIGHT-LEFT (TURN TURN)

- 1-4            Step right across in front of left, rock back onto left, step right behind left, unwind  $\frac{3}{4}$  turn right (9:00)  
5-8            Step forward onto left foot, hold, step forward right-left completing a full turn right

## STEP HOLD, ROCK HOLD, STEP TURN STEP, STEP HOLD

- 1-2            Stepping forward at 45° right onto right foot sway/rock hips forward, hold  
3-4            Rocking back onto left foot sway/rock hips back, hold  
5&6           Step forward onto ball of right foot, rock back onto left foot with  $\frac{1}{2}$  turn right, step forward on right  
7-8            Step forward onto left, hold (facing 3:00)

## ROLLERCOASTER $\frac{1}{4}$ TURN, ROLLERCOASTER $\frac{1}{2}$ TURN

- 1              Step forward on right foot at 45° right pushing hips forward  
&              Roll/swing hips counter to the right, while turning  $\frac{1}{4}$  turn left on both feet (weight forward over left foot)  
2              Continuing the roll of hips counter to the right return weight back onto the right foot (facing 12)  
3&4            Step back onto left foot, step right beside left, step left foot forward (coaster)  
5              Step forward on right foot in front of the left foot  
&              Roll/swing hips forward then counter to the right, while turning  $\frac{1}{2}$  turn left on both feet  
6              Continuing the roll of hips counter to the right return weight back onto the right foot (facing 6:00)  
7&8            Step back onto left foot, step right beside left, step left foot forward (coaster)

## STEP ROCK BEHIND SIDE, SIDE BEHIND MONTEREY TURN

- 1-4            Step right to side, rock onto left, step right behind left, step left to side  
5-6            Step right to side, step left behind right  
7&8            Touch right to side, turn  $\frac{1}{2}$  turn right on left foot hitching right foot (facing 12:00)  
  
1-4            Step right foot forward at 45° right bump right hip forward twice, bump hips back twice  
5-8            Bump hips forward, back, forward, step forward onto left

## OUT, OUT, TURN, COASTER STEP, FORWARD ROCK, TURN, TURN

- &1            Jump forward right to side, left to side (feet slightly apart)  
2              Bending at the knees, dip down and up as you turn on both feet  $\frac{1}{4}$  left, (weight finishes on right)  
3&4            Step back onto left, step right beside left, step forward onto left (coaster step)  
5-6            Step forward onto right, rock back onto left  
&7-8           Turning half turn right step forward on right, turning half turn right, step back on left

## TURN, STEP, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1-4            Turning  $\frac{3}{4}$  turn right step onto right, step left to left side, cross shuffle to left side (right-left-right)  
5-8            Step left to side, rock onto right, cross shuffle to right (left-right-left)

**TURN, TOGETHER, TURN, HEEL, TURN, TOGETHER, TURN, SCUFF**

- 1-2 Step right foot to right side with  $\frac{1}{4}$  turn right, step left beside right  
3-4 Step right foot to right side with  $\frac{1}{4}$  turn right, tap left heel at 45' left (completing  $\frac{1}{2}$  turn right)  
5-6 Step left foot to left side with  $\frac{1}{4}$  turn left, step right beside left  
7-8 Step left foot to left side with  $\frac{1}{2}$  turn left, scuff left heel forward (completing  $\frac{1}{2}$  turn left)

**REPEAT**

**RESTART**

On the 5th wall, dance counts 1-40, then restart from the beginning of the dance

**FINISH**

Dance the last wall out to count 48 replacing the second half turn right with a  $\frac{1}{4}$  turn right to complete a  $\frac{3}{4}$  turn right in total to face the front wall.

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