

Roar

拍数: 112 墙数: 1 级数: Phrased Intermediate
编舞者: Monique Laenen & Minouschka Jeurissen - November 2013
音乐: Roar (Radio Edit) - Katy Perry



Intro: 8 Counts

Dance Sequence : A, B, C, Bridge, A (first 16 counts), B, C, C(last 16 counts), Bridge Roar, 24 counts to your liking, C, C (last 16 counts), Bridge Roar

Bridge ROAR: Roll Your Shoulders Full Circle In 4 Full Counts (Right Left Right)

A - 32 counts

Skate Right, Skate Left, Triple Step Right Diagonal, Skate Left, Skate Right, Triple Step Left Diagonal

- 1-2 Skate Right foot Diagonal to the Right, Skate Left foot Diagonal to the Left
- 3&4 Step Right foot Diagonal Right, Step Left foot behind Right foot, Step Right foot Diagonal Right
- 5-6 Skate Left foot Diagonal to the Left, Skate Right foot Diagonal to the Right
- 7&8 Step Left foot Diagonal Left, Step Right foot behind Left foot, Step Left foot Diagonal Left

Cross Rock, Chassé Right With ¼ Turn Right, Step ½ Turn Right, Step ¼ Turn Right, Cross Behind

- 1-2 Crossrock Right foot over Left foot, Recover weight on Left foot
- 3&4 Step Right foot to Right side, Step Left foot beside Right foot, Step Right foot to Right side with ¼ turn Right
- 5-6 Step Left foot forward, ½ turn Right
- 7-8 ¼ turn Right, Step Left foot to Left Side, Crossstep Right foot behind Left foot

Chassé With ¼ Turn Left, Step ½ Turn Left, Traveling Turn Right, Ball Step Forward

- 1&2 Step Left foot to Left side, Step Right foot beside Left foot, Step Left foot to Left side with ¼ turn Left
- 3-4 Step Right foot forward, ½ turn Left, put weight on Left foot
- 5-6 Step Right foot forward, make ½ turn Right, Left foot Back
- 7&8 make ½ turn Right, Right foot forward, Step with ball of Left foot behind Right foot , Step Right foot forward

Rockstep Forward, ¼ Turn Left Into Chassé, Hinkyturn Left, Cross Schuffle

- 1-2 Rockstep Left foot forward, Recover weight on Right foot
- 3&4 ¼ turn Left to Left side , Step Right foot beside Left foot, Step Left to Left side
- 5-6 make ½ turn Left Right foot to Right side, make ½ turn Left Left foot to Left side
- 7&8 Cross Right foot over Left foot , Step Left foot to Left side, Cross Right foot over Left foot

B - 32 counts

Toe Tap Left, Toe Tap Together, Toe Point Left With Knee Bend Right, Drag, Heel Right Together, Heel Left Together, Right Step ½ Turn Left

- 1&2 Tap Toe Left foot to Left side, Tap Toe Left foot beside Right foot, Point Toe Left foot to Left side with Knee Bend Rightleg
- 3-4 Drag Left foot beside Right foot, change weight to Left foot
- 5&6& Heel Right foot in front, Step Right foot beside Left foot, Heel Left foot in front, Step Left foot beside Right foot
- &7-8 Step Right foot forward, ½ turn Left

Right Triple step Forward, Rockstep Left, Coasterstep, Swivels ½ turn Right

- 1&2 Step Right foot forward, Step Left foot behind Right foot, Step Right foot forward
- 3-4 Rockstep Left foot forward, put weight back on Right foot

- 5&6 Step Left foot Back, Step Right foot beside Left foot, Step Left foot Forward
 7&8 Swivel Left and Right heel $\frac{1}{4}$ turn Right, $\frac{1}{4}$ turn Left, $\frac{1}{2}$ turn to the Right, ending weight on Left foot

Toe Tap Right, Toe Tap Together, Toe Point Right With Knee Bend Left, Drag, Heel Left Together, Heel Right Together, Left Step $\frac{1}{2}$ Turn Right

- 1&2 Tap Toe Right foot to Right side, Tap Toe Right foot beside Left foot, Point Toe Right foot to Right side with Knee Bend Leftleg
 3-4 Drag Right foot beside Left foot, change weight to Right foot
 5&6& Heel Left foot in front, Step Left foot beside Right foot, Heel Right foot in front, Step Right foot beside Left foot
 &7-8 Step Left foot forward, $\frac{1}{2}$ turn Left

Left Triple Step Forward, Right Rockstep, Coasterstep, Step $\frac{1}{2}$ Turn Right

- 1&2 Step Leftfoot forward, Step Rightfoot behind Leftfoot, Step Rightfoot forward
 3-4 Rockstep Right foot forward, put weight back on Leftfoot
 5&6 Step Rightfoot Back, Step Left foot beside Rightfoot, Step Rightfoot Forward
 7-8 Step Left foot forward, $\frac{1}{2}$ turn Right

C - 48 counts

Left Step Forward, Right Step Forward, Rockstep Left, Right Step Back, Left Step Back, Rockstep Right Back

- 1-2 Step Left foot forward, Step Right foot forward
 3&4 Rock step Left foot forward, Recover weight on Right foot, Step Left foot back
 5-6 Step Right foot back, step Left foot Back
 7&8 Rock step Right foot Back, Recover weight on Left foot, Step Right foot forward

Left Kick, Toe Point Right, Right Kick, Toe Point Left, Hip Bump Left Forward, Hip Bump Right Forward

- 1&2 Kick Left foot forward, Step Left foot beside Right foot, Toe Point Right foot to Right side
 3&4 Kick Right foot forward, Step Right foot beside Left foot, Toe Point Left foot to Left side
 5&6 Push Hips Left forward, then back and with full weight forward on Left foot
 7&8 Push Hips Right forward, then back and with full weight forward on Right foot

Shoulder-roll, Behind Side Cross, Right Side Rock

- 1 - 4 Roll your Shoulders full circle in 4 counts, Right Left Right
 5&6 Step Left foot behind Right foot, Step Right foot to Right side, Cross Left foot over Right foot
 7-8 Rockstep Right foot to Right side, Recover on Left foot

Behind Side Cross, Left Side Rock, Behind Side Cross, Right Out, Left Out

- 1&2 Step Right foot behind Left foot, Step Left foot to Left side, Cross Right foot over Left foot
 3-4 Rockstep Left foot to Left side, Recover on Right foot
 5&6 Step Left foot behind Right foot, Step Right foot to Right side, Cross Left foot over Right foot
 7-8 Step Right foot out, Step Left foot out

Shoulder-roll, Chassé Right with $\frac{1}{4}$ turn Left, Chassé Left with $\frac{1}{4}$ turn Left

- 1 - 4 Roll your Shoulders full circle in 4 counts, Right Left Right
 5&6 Step Right foot to Right side, Step Left foot beside Right foot, Step Right foot to Right side
 7&8 Step Left foot to Left side with $\frac{1}{4}$ turn Left, Step Right foot beside Left foot, Step Left foot to Left side

Chassé Right with $\frac{1}{4}$ Turn Left, Chassé Left with $\frac{1}{4}$ turn left, Chassé Right, Left Out, Right Out

- 1&2 Step Right foot to Right side with $\frac{1}{4}$ turn Left, Step Left foot beside Right foot, Step Right foot to Right side
 3&4 Step Left foot to Left side with $\frac{1}{4}$ turn Left, Step Right foot beside Left foot, Step Left foot to Left side
 5&6 Step Right foot to Right side with $\frac{1}{4}$ turn Left, Step Left foot beside Right foot, Step Right foot to Right side

7-8 Step Left foot out, Step Right foot out

HAVE A LOT OF FUN !!!

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