Ride The Rollercoaster

級數: High Improver

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音樂: Rollercoaster - Yes Yes & Louis III

Intro: 32 Counts. Start at approx 17 secs.

拍數: 32

SEC 1: KICK, OUT OUT, HIP BUMPS RIGHT & LEFT, SLIDE, BALL CROSS

- Kick right forward, Step right to right, Step left to left 1&2
- 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

- Rock left forward, recover weight onto right while sweep left from front to back 1-2
- 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





牆數:4