

# ROLLER-COASTER

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**Count:** 64

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Angie Shirley

**Music:** Life Is A Rollercoaster by 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  $\frac{1}{2}$  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**