

No Roots

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Count: 64 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Carlton Thompson - July 2017

Music: Alice Merton - No Roots

Sequence: A, Tag, B, / A, Tag, B, / A, Tag 2, A, B

A = 2x32 counts

B = 2x32 counts

(Part A - Verse I, II, & III)

Section A1:

1-2: Rock R ft. forward, Recover back on L ft. (12:00)

3&4: Step R ft. back, step L ft. next to right, Step R ft. forward.

5-6: Rock L ft. forward, Recover back on R ft.

7&8: Turn $\frac{1}{2}$ L with L ft., Pivot $\frac{1}{4}$ L with R ft., Step $\frac{1}{4}$ L with L ft. (12:00)

Section A2:

1-2: Step R ft. to R side, Step L behind R ft.

&3&4: Step R ft. to R side, Step L heel out, Step L ft. forward, Turn $\frac{1}{4}$ L stepping with R ft. forward. (9:00)

5-6: Turn $\frac{1}{2}$ turn R leading with L ft., Step R ft. forward. (3:00)

7-8: Recover back on L ft. Make $\frac{1}{2}$ turn R leading with R ft. (9:00)

Section A3:

1-2: Rock L ft. forward, Recover back on R ft. (9:00)

3&4: Step L ft. back, Step R ft. next to L, Step L ft. back

5-6: Make $\frac{1}{2}$ turn R stepping with R ft., Recover back on L ft. (3:00)

7&8: Step R ft. back, Step L ft. next to R, Step R ft. back.

Section A4:

&1-2: Replace L ft. next to R ft., Step R ft. forward, Drag L ft. next to R.

3-4: Step L ft. forward, drag R ft. next to L.

5-6: Step R ft. forward, drag L ft. next to R.

7-8: Step L ft. forward, drag R ft. next to L. (3:00)

****Repeat Part A, Sections 1-4****

TAG 1

Section T1:

&1-2: Step R ft. forward, Cross L ft. over R ft., Rock R ft. to R side.

3-4: Make $\frac{1}{4}$ L stepping L ft. forward, Step R ft. forward. (3:00)

5-6: Make $\frac{1}{2}$ turn R stepping forward with L ft., Step R ft. forward. (9:00)

7-8: Recover back on L ft., Make $\frac{1}{2}$ turn R leading with R ft. (3:00)

Section T2:

1-2: Step L ft. forward, Make $\frac{1}{2}$ turn L leading with R ft. (9:00)

3-7: Step L ft. forward, Make $\frac{3}{4}$ turn L by pivoting on R ft. (9:00)

8: Place weight onto left ft. (12:00)

(Part B - Chorus I, II, & III)

Section B1:

1&2: Rock R ft. to R side, Recover weight back onto L ft., Cross R ft. in front of L ft.

3&4: Rock L ft. to L side, Recover weight back onto R ft., Cross L ft. in front of R ft.

5-6: Make $\frac{1}{4}$ L by lifting R knee up (hip bump $\frac{1}{4}$) (9:00), Make $\frac{1}{4}$ L by keeping that R knee up and doing another hip bump. (hip bump $\frac{1}{4}$) (6:00).

7-8: Make $\frac{1}{4}$ L by keeping that R knee up and doing another hip bump. (hip bump $\frac{1}{4}$) (3:00), Make $\frac{1}{4}$ turn left by keeping that R knee up and doing another hip bump (12:00) (Right knee is still up.)

Section B2:

1&2: Rock R ft. to R side, Recover weight back onto L ft., Cross R ft. in front of L ft.

3&4: Rock L ft. to L side, Recover weight back onto R ft., Cross L ft. in front of R ft. (12:00)

5-6: Step R ft. forward, Make $\frac{1}{4}$ turn R by lifting L knee up. (3:00)

7-8: Make $\frac{1}{4}$ turn R by keeping that L knee up and doing another hip bump (hip bump $\frac{1}{4}$) (6:00), Make $\frac{1}{4}$ turn R by keeping that L knee up and doing another hip bump (hip bump $\frac{1}{4}$) (9:00).

Section B3:

1-2: Step L ft. forward, Make $\frac{1}{4}$ turn L by bringing R ft. next to L ft. (6:00) (optional hand)

3-4: Step R ft. forward, Make $\frac{1}{4}$ turn R by bringing L ft. next to R. (9:00)

5-6: Make $\frac{1}{4}$ turn R by stepping R ft. back, bring L ft. next to R ft. (12:00)

7-8: Hold, and place weight on R ft.

Section B4:

1-2: Step L ft. forward, Make $\frac{1}{4}$ turn L by bringing R ft. next to L ft. (9:00)

3-4: Step R ft. forward, Make $\frac{1}{4}$ turn R by bringing L ft. next to R. (12:00)

5-6: Make $\frac{1}{4}$ turn R by stepping R ft. back, bringing L ft. next to R ft. (3:00) (optional hand)

7-8: Hold, and keep weight on L ft. (3:00)

****Repeat Part B, Sections 1-4****

Tag 2:

Section 1:

1-4: Free Style (Your own moves)

Facebook: www.facebook.com/cthompsonchoreo

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=119322