



Rollercoaster

Choreographers:

Raymond Sarlemijn – rsarlemijn@gmail.com

Niels Poulsen - niels@love-to-dance.dk

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Type of dance: 64 counts, 2 walls, easy intermediate pop line dance
 Music: **Life is a rollercoaster** by Ronan Keating. Track length: 3.55 mins. From album '10 years of hits'. Download track from iTunes
 Intro: 40 counts from very first heavy beat in music (app. 20 secs. into track). Weight on L foot
 1 restart: On wall 5 which starts facing 12:00. Restart happens after 40 counts, again facing 12:00 ☺

Counts	Footwork	Facing
1 – 8	Back slide R, L ball step, walk L, shuffle R fwd, rock L fwd	
1 – 2	Step R a big step back (1), slide L next to R (2)	12:00
&3 – 4	Quickly rock back on L (&), recover fwd on R (3), walk fwd on L (4)	12:00
5&6	Step fwd on R (5), step L behind R (&), step fwd on R (6)	12:00
7 – 8	Rock fwd on L (7), recover back on R (8)	12:00
9 – 16	Shuffle ½ L, shuffle ½ L, ¼ L side step, point R, shuffle ¼ R	
1&2	Turn ¼ L stepping L to L side (1), step R next to L (&), turn ¼ L stepping L fwd (2)	6:00
3&4	Turn ¼ L stepping R to R side (3), step L next to R (&), turn ¼ L stepping R back (4) <i>Non-tummy option for counts 1&2, 3&4: shuffle back L and R instead ☺</i>	12:00
5 – 6	Turn ¼ L stepping L to L side (5), point R to R side (6)	9:00
7&8	Turn ¼ R stepping R fwd (7), step L behind R (&), step fwd onto R (8)	12:00
17 – 24	¼ R into big L step slide, ball cross, R vine, point L, ¼ L fwd L	
1 – 2	Turn ¼ R on R stepping L a big step to L side (1), slide R towards L (2)	3:00
&3	Step R next to L (&), cross L over R (3)	3:00
4 – 6	Step R to R side (4), cross L behind R (5), step R to R side (6)	3:00
7 – 8	Point L to L side (7), turn ¼ L stepping down on L (8)	12:00
25 – 32	Point R, walk R fwd, point L, walk L fwd, ¼ L into R side rock, cross, ¼ R back on L	
1 – 4	Point R to R side turning body slightly L (1), walk R fwd squaring up to 12:00 (2), point L to L side turning body slightly R (3), walk L fwd squaring up to 12:00 (4)	12:00
5 – 6	Turn ¼ L rocking R to R side (5), recover onto L (6)	9:00
7 – 8	Cross R over L (7), turn ¼ R stepping back on L (8)	12:00
33 – 40	¼ R side step, Hold, ball side step, touch, ¼ L shuffle fwd, R rock fwd	
1 – 2	Turn ¼ R stepping R to R side (1), Hold (2) <i>Styling for count 1 and 2 and ONLY during chorus. Ronan K sings I need YOU. Therefore... point both index fingers fwd (1), Hold (2)</i>	3:00
&3 – 4	Step L next to R (&), step R to R side (3), touch L next to R (4)	3:00
5&6	Turn ¼ L stepping L fwd (5), step R behind L (&), step fwd on L (6)	12:00
7 – 8	Rock R fwd (7), recover back on L (8) * Restart here on wall 5, facing 12:00	12:00
41 – 48	Back R, L together, cross shuffle, step touch L, step touch R	
1 – 2	Step back on R (1), step L next to R (2)	12:00
3&4	Cross R over L (3), step L to L side (&), cross R over L (4)	12:00
5 – 8	Step L to L (5), touch R next to L (6), step R to R side (7), touch L next to R (8)	12:00
49 – 56	Fwd L, Monterey ¼ R, L cross rock, L chassé	
1 – 4	Step L fwd (1), point R to R side (2), turn ¼ R stepping R next to L (3), point L to L side (4)	3:00
5 – 6	Cross rock L over R (5), recover back on R (6)	3:00
7&8	Step L to L side (7), step R next to L (&), step L to L side (8)	3:00
57 – 64	R cross rock, ¼ R shuffle R fwd, rock L fwd, shuffle L back	
1 – 2	Cross rock R over L (1), recover back on L (2)	3:00
3&4	Turn ¼ R stepping R fwd (3), step L behind R (&), step fwd on R (4)	6:00
5 – 6	Rock fwd on L (5), recover back on R (6)	6:00
7&8	Step back on L (7), step R next to L (&), step back on L (8)	6:00
Start again		
Ending	Last wall is wall 7 (starts at 6:00). Music starts to fade out around count 32. When doing your monterey turn (facing 6:00) then change it to a ½ R to turn to the front wall ending the dance with your L cross rock, L chassé and then finish crossing R over L on count 57... ☺	12:00