

**Roller Coaster**

IMPROVER

32 Count 2 Walls

Choreographed by: Paula J Graves

Choreographed to: Life is a Roller Coaster by Ronan Keating

**Grapevine With Shuffle To Right, Cross Rock, Hip Rocks**

- 1 2 Step Right To Side, Cross Left Foot Behind Right Foot  
3 & 4 Step Right To Side, Close Left Foot To Right Foot, Step Right Foot To Side  
5 6 Cross Left Foot In Front Of Right Foot, Rock Weight Back Onto Right Foot  
7 8 Step Left Foot To Side Pushing Hips To Left, Rock Hips To Right.

**Hip Rocks, Shuffle To Left, Cross Rock, Shuffle To Right With 1/4 Turn Right**

- 1 2 Rock Hips To Left, Rock Hips To Right  
3 & 4 Step Left Foot To Side, Close Right Foot To Left Foot, Step Left Foot To Side  
5 6 Cross Right Foot In Front Of Left Foot, Rock Weight Back Onto Left Foot  
7 & 8 Take Quarter Turn To Right As You Shuffle Forward Right Left Right.

**Rocks Forward And Back, Shuffle Half Turn To Left**

- 1 2 Left Foot Forward Pushing Hips Forward, Rock Weight Back Onto Right Foot  
3 4 Left Foot Back Pushing Hips Back, Rock Weight Forward Onto Right Foot  
5 6 Left Foot Forward Pushing Hips Forward, Rock Weight Back Onto Right Foot  
7 & 8 Shuffle Half Turn To Left Stepping Left Right Left.

**Half Turn To Left, Shuffle Forward, Quarter Turn To Right, Step Scuff**

- 1 2 Right Foot Forward, Half Turn To Left Transferring Weight Onto Left Foot  
3 & 4 Right Foot Forward, Close Left Foot To Right, Right Foot Forward  
5 6 Left Foot Forward, Quarter Turn To Right Transferring Weight Onto Right Foot  
7 8 Step Left Foot Forward And Across Right Foot, Scuff Right Heel.