



## Roots & Boots

32 Count, 4 Wall, Improver

Choreographer: Barbara & Michelle Hughes-Moore (UK)

Jun 2018

Choreographed to: No Roots by Alice Merton.

### Intro: 24 counts (Start on lyrics)

#### Section 1      **2 x walks forward. Kick ball change. Forward rock. Coaster step.**

1-2      Walk forward right. Walk forward left.  
3&4      Kick right foot forward. Recover on right foot. Step left beside right. Hold.  
5-6      Rock forward right. Recover back left.  
7&8      Step back right. Step back left. Step forward right. Hold.

#### Section 2      **2 x walks forward. Kick ball change. Step ½ turn. Left shuffle.**

1-2      Walk forward left. Walk forward right.  
3&4      Kick left foot forward left. Recover on left foot. Step right beside left. Hold.  
5-6, 7&8      Step left foot ½ turn right. Left shuffle forward. Hold.

#### Section 3      **2 x toe heel cross (moving forward). 2 x hip bumps. Behind side cross.**

1&2      Touch right toe in front of left, touch right heel in front of left, cross right in front of left. Hold.  
3&4      Touch left toe in front of right, touch left heel in front of right, cross left in front of right. Hold.  
5&6      Bump right hip to the right. Bump left hip to the left. Bump right hip to the right. Hold.  
7&8      Step back left. Step back right beside left. Cross left over right. Hold.

#### Section 4      **2 x kick and point. 2 x heel switches. Step quarter turn.**

1&2      Kick forward right. Recover on right foot. Point left foot out to left side. Hold.  
3&4      Kick forward left. Recover on left foot. Point right foot out to right side. Hold.  
5&6&      Touch right heel forward. Step back on right. Touch left heel forward. Step back on left.  
7-8      Step right foot ¼ turn over 2 counts, ending with weight on left foot.

### Tag: (Bridge)

**End of Wall 10. Weight on the left, 4 x stomps on right foot, then restart.**