

NO ROOTS

Description: 64 ct, 2 wall, Intermediate
Choreographed by: Dwight Meessen - April 2017
Music: "No Roots" by Alice Merton (album: No Roots) 120 bpm
Intro: 24 cts

OUT OUT, HOLD, BALL CROSS, SIDE, SAILOR $\frac{1}{4}$ L, CROSS, POINT

&1-2 RF step side (out), LF step side (out), hold
&3-4 RF step back to center on ball foot, LF cross over, RF step side
5&6 LF $\frac{1}{4}$ l cross behind, RF step beside, LF step slightly fwd
7-8 RF cross over, LF point side [9]

OUT OUT, HOLD, SAILOR, SAILOR $\frac{1}{4}$ R INTO PIVOT $\frac{1}{2}$ L, FWD

&1-2 LF step side (out), RF step side (out), hold
3&4 LF cross behind, RF step beside, LF step side
5&6 RF $\frac{1}{4}$ r cross behind, LF step beside, RF step slightly fwd
7-8 R+L $\frac{1}{2}$ turn l, RF step fwd [6]

ROCK FWD RECOVER, BACK, POINT, BALL FWD, FWD, OUT OUT, CROSS

1-4 LF rock fwd, RF recover, LF step back, RF point fwd
&5-6 RF step beside on ball foot, LF step fwd, RF step fwd
&7-8 LF step side (out), RF step side (out), LF cross over [6]

OUT OUT, CROSS, UNWIND $\frac{1}{2}$ L, BEHIND, $\frac{1}{4}$ R FWD, PIVOT $\frac{1}{2}$ R, TRIPLE FULL
TURN R

&1 RF step side (out), LF step side (out)
2-3 RF cross over, R+L $\frac{1}{2}$ turn l: bounce slightly
4& LF cross behind, RF $\frac{1}{4}$ r step fwd
5-6 LF step fwd, L+R $\frac{1}{2}$ turn r
7&8 LF $\frac{1}{2}$ r step back, RF $\frac{1}{2}$ r step fwd, LF step fwd [9]

HEEL SWITCHES, COASTER, TOE SWITCHES, BEHIND, $\frac{1}{4}$ R FWD, FWD

1&2 RF heel fwd, RF together, LF heel fwd
3&4 LF step back, RF together, LF step fwd
5&6 RF point side, RF together, LF point side
7&8 LF cross behind, RF $\frac{1}{4}$ r step fwd, LF step fwd [12]

ROCK FWD RECOVER, BALL ROCK FWD RECOVER, BALL PIVOT $\frac{1}{2}$ L, SHUFFLE FWD

1-2 RF rock fwd, LF recover
&3-4 RF step beside on ball foot, LF rock fwd, RF recover
&5-6 LF step beside on ball foot, RF step fwd, R+L $\frac{1}{2}$ turn l
7&8 RF step fwd, LF step beside, RF step fwd [6]

SWAY X2, HALF BOX FWD (X2)

- 1-2 LF step side with hips l, hips r
- 3&4 LF step side, RF together, LF step fwd
- 5-6 RF step side with hips r, hips l
- 7&8 RF step side, LF together, RF step fwd [6]

PIVOT ½ R, SHUFFLE ½ R, COASTER, FWD, SCUFF

- 1-2 LF step fwd, L+R ½ turn r
- 3&4 LF ¼ r step side, RF step beside, LF ¼ r step back
- 5&6 RF step back, LF together, RF step fwd
- 7-8 LF step fwd, RF scuff [6]

Start again

TAG 1: AFTER THE 1ST AND 3RD WALL [6]

SIDE, BEHIND SIDE CROSS, SIDE, ROCK BEHIND RECOVER, KICK BALL CROSS

- 1 RF step side
- 2&3 LF cross behind, RF step side, LF cross over
- 4 RF step side
- 5-6 LF rock behind, RF recover
- 7&8 LF kick l fwd, LF step beside on ball foot, RF cross over

SIDE, BEHIND SIDE CROSS, SIDE, ROCK BEHIND RECOVER, KICK BALL CROSS

- 1 LF step side
- 2&3 RF cross behind, LF step side, RF cross over
- 4 LF step side
- 5-6 RF rock behind, LF recover
- 7&8 RF kick l fwd, RF step beside on ball foot, LF cross over

TAG 2: AFTER THE 5TH WALL [6]:

OUT OUT, HOLD, BALL CROSS, HOLD

- &1-2 RF step side (out), LF step side (out), hold
- &3-4 RF step on ball foot back to center, LF cross over, hold