

Life is a ROLLERCOASTER!

COUNT: 32 WALL: 4 LEVEL: Improver

CHOREOGRAPHER: Val Saari (Canada, January 2019)

MUSIC: Life is A Rollercoaster, Ronan Keaton

SIDE STRUT, CROSS STRUT, R SIDE MAMBO (CHA CHA CHA)

1-2 Step RF toes to R side, Drop heel down

3-4 Cross LF toes over RF, Drop left heel down

5-6 RF Rock side right, LF recover

7&8 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)

SIDE STRUT, CROSS STRUT, L SIDE MAMBO (CHA CHA CHA)

1-2 Step LF toes to L side, Drop heel down

3-4 Cross RF toes over LF, Drop left heel down

5-6 LF Rock side left, RF recover

7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward

3-4 Step LF forward, Pivot 1/2 R

5&6 Step LF forward, Step RF beside L, Step LF Forward

7-8 Step RF forward, Pivot 1/4 L

RF ROCKING CHAIR, STEP-TOUCHES R,L

1-4 Rock RF forward, Recover Left, Rock RF back, Recover Left

5-8 Step RF right, Touch LF beside R, Step LF left, Touch RF beside L

REPEAT

No tags, no restarts

Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com)

Phone: [1-905-246-5027](tel:1-905-246-5027)