

No Roots

Music: No Roots by Alice Merton
Choreo: Karen Tripp, karen@trippcentral.ca (11/2018)

Modern Pop
Level: Easy Intermediate

Sequence: Wait 24 beats (start on lyrics), ABC ABC D E C End

PART A (64 beats) (0:12 mins)

- (8) 1 Crazy Step
- (4) 2 Step Slurs L (S-Slur(xib)-S)
- (4) 2 Basics
- (8) 1 Cowboy 1/2L
- (8) 2 Heel Pull & Basic (L, R)

Repeat all with same foot work to face front

PART B (16 beats)

- (8) 1 Samantha
- (4) 2 Basics
- (4) 1 Fancy Double

PART C (64 beats)

- (4) 1 Mountain Basic 1/4L
- (4) 1 Fancy Double

Repeat w/ same footwork to face back, then add:

- (4) 1 Joey
- (4) 1 Stomp Double

Repeat above two steps w/ same footwork

Repeat all of above to face front

Repeat Part A: Crazy Step, 2 Step Slurs, 2 Basics, Cowboy1/2L, 2 Heel Pull & Basic - *repeat all*

Repeat Part B: 1 Samantha, 2 Basics, Fancy Double

Repeat Part C: Mountain Basic 1/4L, Fancy Double (*repeat*), Joey, Stomp Double (*repeat*), *Repeat all*

PART D (36 beats)

- (8) Bo Weevil
- (4) 2 Rocking Chairs 1/4L ea

Repeat to face front

- (2) Pause 2 counts
- (2) 2 Stomps (L, R)

PART E (32 beats)

- (8) 1 Clogover Vine L
- (4) 1 Turning Pushoff 1/2R
- (4) 1 Fancy Double

Repeat to face front

Repeat Part C: Mountain Basic 1/4L, Fancy Double (*repeat*), Joey, Stomp Double (*repeat*), *Repeat all*

END (1 beat)

- (1) 1 Stomp L

No Roots Step Breakdown

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- (8) 1 Bo Weevil DS DS (Toes tog Toes Dn) (Toes tog Toes Dn) RS DS DS RS
 L R (Both Both) (Both Both) LR L R LR
 &1 &2 (& 3) (& 4) &5 &6 &7 &8
 ** Pivot on heels to touch toes together, then pivot out and snap toes down
- (8) 1 Clogover Vine DS DS(xif) DS(ots) DS(xib) DS(ots) DS(xif) DS RS
 L R L R L R L RL
 &1 &2 &3 &4 &5 &6 &7 &8
- (8) 1 Cowboy1/2L ----- moving forward ----- ----- moving back -----
 DS DS DS BrUp1/2L/H DS(xif) RS RS RS
 L R L R/L R LR LR LR
 &1 &2 &3 &4 &5 &6 &7 &8
- (8) 1 Crazy Step DS DS DS Br Sl RS DS RS BR Sl
 L R L R L RL R LR L R
 &1 &2 &3 & 4 &5 &6 &7 & 8
- (4) 1 Fancy Double DS DS RS RS
 L R LR LR
 &1 &2 &3 &4
- (4) 1 Heel Pull & Basic H(wt) S DS RS
 L R L RL
 1 2 &3 &4
- (4) 1 Joey DS Ba(xib) Ba(ots) Ba(ots) Ba(xib) Ba(ots) S
 L R L R L R L
 &1 & 2 & 3 & 4
- (4) 1 Mountain Basic 1/4L (p) Sto DT(b)(1/4L)/H DS RS
 L R/L R LR
 & 1 &2 &3 &4
- (8) 1 Samantha DS DS(xif) Dr S(b) Dr S(b) RS DS DS RS
 L R R L L R LR L R LR
 &1 &2 & 3 & 4 &5 &6 &7 &8
- (2) 1 Step Slur (p) S Slur(xib) S
 L R R
 & 1 & 2
- (4) 1 Stomp Double (p) Sto DS DS RS
 L R L RL
 & 1 &2 &3 &4
- (4) 1 Turning Pushoff ½ L ---- turning ½ left----
 DS RS RS RS
 L RL RL RL
 &1 &2 &3 &4

LEGEND: (b): Back; ba: Ball of foot; Br(up): Brush Up, Dr: Drag back; DS: Double Step; DT: Double Toe; f: Front; H: Heel click; H(wt): Heel w/ wt; (p): Pause; ots: Out to side; RS: Rock Step; S: Step; Sl: slide; Slur: Drag toe behind; Sto: Stomp (w/ wt); T: Toe; Tch: Touch; Tsn: Toe Snap; (wt): eight; xib: Cross in back; xif: Cross in front

No Roots (Cheat Sheet)

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Modern Pop
Level: Easy Intermediate

Sequence: Wait 24 beats (start on lyrics), ABC ABC D E C End

PART A (64 beats) (0:12 mins)

(8) 1 Crazy Step
(4) 2 Step Slurs L (S-Slur-DS-Slur)
(4) 2 Basics
(8) 1 Cowboy 1/2L
(8) 2 Heel Pull & Basic
Repeat w/ same footwork to face front

PART B (16 beats) (0:45 mins)

(8) 1 Samantha
(4) 2 Basics
(4) 1 Fancy Double

PART C (64 beats) (0:54 mins)

(4) 1 Mountain Basic 1/4L
(4) 1 Fancy Double
Repeat w/same footwork to back

(4) 1 Joey
(4) 1 Stomp Double
Repeat w/ same footwork

Repeat all of above to face front

Repeat Part A (1:28 mins)

Crazy Step, 2 Step Slurs, 2 Basics,
Cowboy 1/2L, 2 Heel Pull & Basic
Repeat w/ same footwork to face front

Repeat Part B (2:00 mins)

(8) 1 Samantha
(4) 2 Basics
(4) 1 Fancy Double

Repeat Part C (2:07 mins)

Mountain Basic 1/4L, Fancy Double (*repeat*)
Joey, Stomp Double (*repeat*)
Repeat all of above

PART D (36 beats) (2:42)

(8) Bo Weevil
(8) 2 Rocking Chairs 1/4L ea
Repeat to face front, then add:

(2) Pause 2 counts
(2) 2 Stomps (L, R)

PART E (32 beats)

(8) 1 Clogover Vine L
(4) 1 Turning Pushoff 1/2R
(4) 1 Fancy Double
Repeat to face front

Repeat Part C

Mountain Basic 1/4L, Fancy Double (*repeat*)
Joey, Stomp Double (*repeat*)
Repeat all of above

END: (1) Stomp Left