Ride The Beat



Count: 48 Wand: 4 Ebene: Low Intermediate

Choreograf/in: EWS Winson (MY) & Penny Tan (MY) - July 2018

Musik: Ride the Beat - MDPC



Intro: 16 counts in (approx. 9 sec)

#1 (1-8) R-L Back Samba, R Back, L&R Knee Pop, L Coaster Step

Weight on LF: Cross RF behind LF (1), rock LF to L side (a), recover weight on RF (2) 12.00

Cross LF behind RF (3), rock RF to R side (a), recover weight on LF (4) 12.00 Step RF back (5), pop both knees forward (a), drop both heels down (6) 12.00

7a8 Step LF back (7), close RF beside LF (a), step LF forward (8) 12.00

#2 (9-16) 1/4 (R) with R Cross Shuffle, 1/2 (L) with L Cross Shuffle, R Scissors Cross, L Side & R Drag, R Touch

Turn ¼ R crossing RF over LF (1), step LF to L side (a), cross RF over LF (2) 3.00 Turn ½ L crossing LF over RF (3), step RF to R side (a), cross LF over RF (4) 9.00

5a6 Step RF to R side (5), close LF next to RF (a), cross RF over LF (6) 9.00

7-8 Step LF to L side dragging R toes towards LF (7), touch RF next to LF (8) *** 9.00

Restart here on Wall 3, facing 3.00 o'clock.

#3 (17-24) R Cross Rock & Recover, R Side Rock & Recover, R Sailor ½ (R), L Side Point with Hips Bumped, R Weave

1a2a Cross rock RF over LF (1), recover weight on LF (a), rock RF to R side (2), recover weight on

LF (a) 9.00

3a4 Turn ½ crossing RF behind LF (3), step LF to L side (a), cross RF over LF (4) 3.00

Point L toes to L side bumping hips to L side (5), bump hips to R side (a), step LF in place

bumping hips to L side (6) 3.00

7a8 Cross RF behind LF (7), step LF to L side (a), cross RF over LF (8) 3.00

#4 (25-32) L-R Samba Whisks, 1/4 (L) with L Forward, 1/2 (L) with R Back, L Coaster Step

Step LF to L side (1), rock RF behind LF (a), recover weight on LF (2) 3.00

Step RF to R side (3), rock LF behind RF (a), recover weight on RF (4) 3.00

Turn ¼ L stepping LF forward (5), turn ½ L stepping RF back (6) 6.00

Step LF back (7), close RF beside LF (a), step LF forward (8) 6.00

#5 (33-40) R-L Forward Shorty George, R Kick Ball, L Back Rock & Recover, L Kick Ball, R Back Rock & Recover

Run forward on RF-LF-RF with knees bent and slightly swiveling to the sides (1a2) 6.00
Run forward on LF-RF-LF with knees bent and slightly swiveling to the sides (3a4) 6.00
Kick RF forward (5), step RF in place (a), rock LF back (6), recover weight on RF (a) 6.00
Kick LF forward (7), step LF in place (a), rock RF back (8), recover weight on LF (a) 6.00

#6 (41-48) R-L Heel Twist with L Hook, L-R Heel Twist with R Hitch, 1/4 (R) with R Cross Samba, L Cross Samba

Twist both heels to R side (1), twist both heels to L side (a), twist both heels to R side

hooking LF over R knee (2) 6.00

3a4 Twist both heels to L side (3), twist both heels to R side (a), twist both heels to L side lifting

RF up beside LF (4) 6.00

5a6 Turn 1/4 R crossing RF over LF (5), rock LF to L side (a), recover weight on RF (6) 9.00

7a8 Cross LF over RF (7), rock RF to R side (a), recover weight on LF (8) 9.00

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