

Stride & Slide

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Hazel Pace (UK)

Musik: Kiss My Innocence - Sarah Jory



STRIDE, SLIDE, ROCK STEP, RIGHT SHUFFLE, STEP, PIVOT

- 1-2 Stride left foot large step to left, slide right up to left
- 3-4 Rock back on right, rock forward on left
- 5-6 Right shuffle forward (right left, right)
- 7-8 Step forward on left, half pivot turn right

QUARTER TURN STRIDE, SLIDE. ROCK STEP, RIGHT SHUFFLE, ROCK STEP

- 1&2 Making quarter turn right stride large step to left, slide right up to left
- 3-4 Rock back on right, rock forward on left
- 5&6 Right shuffle forward on right, left, right
- 7&8 Rock forward on left, rock back on right

HALF SHUFFLE TURN, RIGHT SHUFFLE, ROCK STEP, STRIDE, SLIDE

- 1&2 Half turn left shuffle forward
- 3&4 Right shuffle forward right left, right
- 5-6 Rock forward on left, rock back on right
- 7&8 Stride left foot large step back, slide right up to left

ROCK STEP, SIDE SHUFFLE RIGHT ¼ TURN, FULL TURN RIGHT, ROCK STEP

- 1-2 Rock back on right, rock forward on left
- 3&4 Side shuffle right on right, left, right making quarter turn right on last step
- 5-6 Full turn right stepping on left, then right
- 7-8 Rock forward on left, rock back on right

REPEAT

TAGS

After 2nd 32 count sequence add 4 counts

- 1-2 Rock back on left, rock forward on right
- 3-4 Rock forward on left, rock back on right

Then dance 32 counts again

After 3rd sequence add 8 counts

- 1-2 Rock back on left, forward on right
 - 3-4 Step forward left, ½ pivot right
 - 5-6 Step forward left, ½ pivot right
 - 7-8 Rock forward left, back on right
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