

# Ryedin' High

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Chris Hodgson (UK)

Musique: Western Rye - The Ryes



## **WEAVE RIGHT / SIDE ROCK / CROSS SHUFFLE**

- 1-2 Step right to right side, cross left behind
- 3-4 Step right to right side, cross left in front of right
- 5-6 Step right to right side, rock weight onto left foot
- 7&8 Cross right over left, step left to left, cross right over left

## **WEAVE LEFT / SIDE ROCK ¼ TURN / FORWARD SHUFFLE**

- 1-2 Step left to left side, cross right behind
- 3-4 Step left to left side, cross right in front of left
- 5-6 Step left to left side, rock weight onto right foot making ¼ turn right
- 7&8 Shuffle forward on left-right-left

## **RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-½ TURN**

- 1& Step forward with right foot, slide right foot back hitching up left leg
- 2& Step forward with left foot, slide left foot back hitching up right leg
- 3&4& Repeat counts 1&2& of this section again
- 5&6 Shuffle forward on right-left-right
- 7-8 Step forward on left foot, pivot ½ turn right

## **RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-½ TURN**

- 1& Step forward with left foot, slide left foot back hitching up right leg
- 2& Step forward with right foot, slide right foot back hitching up left leg
- 3&4& Repeat counts 1&2& of this section again
- 5&6 Shuffle forward on left-right-left
- 7-8 Step forward on right foot, pivot ½ turn left

## **FORWARD LOCK STEPS-HOLD / BACK LOCK STEPS / UNWIND ½ TURN**

- 1-2 Step forward on right foot, lock left foot behind right heel
- 3-4 Step forward on right foot, hold position for 1 count
- 5-6 Swing left foot around in front of right stepping down on it, step back on right foot
- 7-8 Cross step left foot over in front of right, unwind ½ turn right

## **KICKS / TRIPLE ¼ TURN / KICKS / COASTER STEP**

- 1-2 Kick right foot forward, kick right heel to right side
- 3&4 Triple step on right-left-right making ¼ turn left
- 5-6 Kick left foot forward twice
- 7&8 Step back on left foot, step right next to left. Step forward on left foot

## **¼ TURN / SHUFFLE FORWARD / RUNNING MAN FORWARD**

- 1-2 Step forward with right foot, pivot ¼ turn left
- 3&4 Shuffle forward on right-left-right
- 5& Step forward with left foot, slide left foot back hitching up right leg
- 6& Step forward with right foot, slide right foot back hitching up left leg
- 7&8& Repeat counts 5&6& of this section again

## **CHASSE LEFT / ROCK STEP / CHASSE RIGHT / BEHIND-UNWIND ½ TURN**

1&2 Step left to left side, step right next to left, step left to left side  
3-4 Step back on right foot, rock weight onto left  
5&6 Step right to right side, step left next to right, step right to right side  
7-8 Cross left foot behind right, unwind  $\frac{1}{2}$  turn left

**REPEAT**

All running man steps, can be changed to a walk forward for those who do not wish to do them.

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