

Let It Ride!

拍数: 32 墙数: 4 级数: Improver
编舞者: Nancy Thompson Verbruyck (USA) - February 2016
音乐: It Feels Good - Drake White



(Slower Song for teaching – Tornado by Little Big Town)

Forward (Clap), Back (Double Clap), Back (Clap), Forward (Double Clap)

1-2 Step right forward on the diagonal, step left together, clap
3-4 Step left back on the diagonal, step right together, clap clap
5-6 Step right back on the diagonal, step left together, clap
7-8 Step left forward on the diagonal, touch right together, clap clap

Right Side Shuffle, Rock Recover, Left Side Shuffle, Rock Recover

1&2 Shuffle side right, right – left - right
3-4 Rock back on left, recover on right
5&6 Shuffle side left, left –right - left
7-8 Rock back on right, recover on left

Kick Ball Change, Step-Step, Kick Ball Change, Step-Step

1&2 Kick right forward, step on ball of right, step on left
3-4 Step forward, right -left
5&6 Kick right forward, step on ball of right, step on left
7-8 Step back, right -left

Toe Points, Right (hold), Left (hold), right(hold), ¼ turn to right

1&2 Point right toe to right, hold
&3&4 Slide right foot back to center, Point left toe to left, hold
&5&6 Slide left foot back to center, Point right toe to right, hold
7-8 At the same time, Slide right foot back to center, ¼ turn to the right. (Keep the weight on your left)

Begin Again!

Stepsheet prepared by Erin Welsh (redsie143@aol.com)

Last Update - 26th April 2016