Just Let Me Ride – Extreme Rider's Slide



拍数: 32 墙数: 4 级数: Beginner

编舞者: Derrick "Doc" Mooney & Fred "Ladale" Simmons - March 2018

音乐: Just Let Me Ride - Ms. Jody



Intro: 32 counts - Start dance after lyric - Right Foot Lead

S1: Side To Side Touch Step

Touch Step – Step out with right foot and close to left and repeat
Touch Step – Step out with left foot and close to right and repeat

S2: Modified Mexican Hat Syncopated

Step right foot forward and hold two counts then bring right foot back to left replacing weight
Step left foot forward and hold two counts then bring left foot back to right replacing weigh
Syncopate – Right foot forward and back 5&, shift weight and step forward and back with the

left foot 6&

7-8 Tap right foot forward 7-8

S3: Heel touches and shimmy's

With weight on left foot, swing right foot behind left, touching hand to heel & replace weight
With weight on right foot, swing left foot behind right, touching hand to heel & replace weight

5-6 Shimmy forward, stepping quickly 56&7&8

S5: Hop Forward- Back – 1/4 Turn Wall Change

Step or hop forward on right foot on one and left foot on two, replacing weight
Step or hop forward on right foot on one and left foot on two, replacing weight
Step or hop back on right foot on one and left foot on two, replacing weight

7-8 Execute ¼ left: with weight on left foot, pivot left ¼ turn, stepping on right foot and replace left

Start dance over on new wall

Contact: Submitted by - Carl Williams: carlvwilliams@gmail.com