

Ride The Beat

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 4 级数: Low Intermediate
编舞者: EWS Winson (MY) & Penny Tan (MY) - July 2018
音乐: 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

1a2 Weight on LF: Cross RF behind LF (1), rock LF to L side (a), recover weight on RF (2) 12.00
3a4 Cross LF behind RF (3), rock RF to R side (a), recover weight on LF (4) 12.00
5a6 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) ¼ (R) with R Cross Shuffle, ½ (L) with L Cross Shuffle, R Scissors Cross, L Side & R Drag, R Touch

1a2 Turn ¼ R crossing RF over LF (1), step LF to L side (a), cross RF over LF (2) 3.00
3a4 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
5a6 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, ¼ (L) with L Forward, ½ (L) with R Back, L Coaster Step

1a2 Step LF to L side (1), rock RF behind LF (a), recover weight on LF (2) 3.00
3a4 Step RF to R side (3), rock LF behind RF (a), recover weight on RF (4) 3.00
5-6 Turn ¼ L stepping LF forward (5), turn ½ L stepping RF back (6) 6.00
7a8 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

1a2 Run forward on RF-LF-RF with knees bent and slightly swiveling to the sides (1a2) 6.00
3a4 Run forward on LF-RF-LF with knees bent and slightly swiveling to the sides (3a4) 6.00
5a6a Kick RF forward (5), step RF in place (a), rock LF back (6), recover weight on RF (a) 6.00
7a8a 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

1a2 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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