

Down For The Ride

拍数: 40 墙数: 4 级数: High Improver
编舞者: Runa (DK) - May 2021
音乐: Down For The Ride - ItaloBrothers : (iTunes)



Intro: 16 c - Phrasing: 40-32- TAG (6:00) -36-32-32- TAG (9:00) -36-40-36

S1. Walk, walk, fwd shuffle, L rocking-chair

1-2 Steo fwd on R, step fwd on L
3&4 Step fwd on R, step L beside R, step fwd on R
5-6 Rock fwd on L, recover on R
7-8 Rock back on L, recover on R

S2. Step, turn, fwd shuffle, jazzbox ¼ turn R, cross

1-2 Step fwd on L, make ½ turn R taking weight on RF (6:00)
3&4 Step fwd on L, step R beside L, step fwd on L
5-6 Cross R over L, step back on L ¼ turn R (9:00)
7-8 Step R to R side, cross L over R

S3. Side-rock, cross-shuffle x 2 (R-L)

1-2 Rock R to R side, recover on L
3&4 Cross R over L, step L to L side, cross R over L
5-6 Rock L to L side, recover on R
7&8 Cross L over R, step R to R side, cross L over R

S4. Side, together, fwd shuffle, ¼ turn R, ¼ turn R, fwd, touch

1-2 Step R to R side, step L beside R
3&4 Step R fwd, step L beside R, step R fwd
5-6 Step L back ¼ turn R, step R fwd ¼ turn R (3:00)
7-8 Step fwd on L, touch R beside L

S5. Out, out, in, in, touch heel to R, touch heel to L

1-2 Step R diag fwd, step L diag fwd
3-4 Step R back in centre, step L back in centre
5-6 Touch R heel to R side with toes pointing to R, step R beside L
7-8 Touch L heel to L side with toes pointing to L, step L beside R

Tag: 16 count TAG:

1-2-3-4 Step diag fwd on R, touch L beside R, step diag back on L, touch R beside L

During count 1-4: Raise your arms fwd with palms of hands upwards (Lyric: So Come...)

5-6-7-8 Step diag back on R, touch L beside R, step diag fwd on L, touch R beside L

During count 5-8: Touch both your hands toward your chest (Lyric: With Me ...)

1-2-3-4 Step fwd on R heel and as you grind turn ½ R, step back on L, step R back beside L, step fwd on L

5-6-7-8 Step fwd on R, point L to L side, step fwd on L, point R to R side