

Ride It

拍数: 32 墙数: 4 级数: Improver
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音乐: Ride It - Regard



#32 count intro - Restart on wall 5

Step L, right behind, & heel & cross, ¼ turn R step, L step, Shuffle forward R-L-R

1,2 Step LF to left, cross step RF behind LF
&3&4 Step LF to left, touch R heel forward, step RF center, cross step LF over RF
5,6 ¼ turn right stepping RF forward, step LF forward
7&8 Shuffle forward R-L-R

Step L, pivot ¼ turn R, Cross Shuffle L-R-L, ¼ L step R, ¼ L step L, Shuffle forward R-L-R

1,2 Step LF forward, pivot ¼ turn R placing weight on RF
3&4 Cross LF over RF, step R on RF, cross LF over RF
5,6 Step R on RF making a ¼ turn L, step L on LF making a ¼ turn L
7&8 Shuffle forward R-L-R

Kick L, Step, Step, Hip Rolls, Step back R, Step back L, Body roll

1&2 Kick LF forward, Step forward LF, step RF center (feet about shoulder width apart)
3,4 Roll hips around 2 times taking weight on LF
5,6 Step RF back, step LF back
7,8 Body roll down ending slightly squatted on LF

Step back R, Step back L, R coaster, ¼ R step L, Touch R toe, Hip bumps R, L, Hitch L

1,2 Step RF back, step LF back
3&4 Step RF back, step LF next to RF, step RF forward
5,6 Step LF forward making ¼ turn R, touch R toe next to LF
7&8 Step RF slightly R bumping hips R, bump hips left, bump hips R hitching L leg

Restart: Wall 5. Do the first 16 counts and restart. Should be facing 12 o'clock.

Last Update - 5 Mar 2022