

Rackin Horse

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jeanie Kotlik (USA) - July 2022
音乐: Rackin Horse - Nitty Gritty GR



Begin dance after 16 counts on the word "ride" - no tags or restarts

TAP R HEEL FWD DIAG RIGHT, HITCH R LEG, WITH HEEL OVER L KNEE, TRIPLE STEP IN PLACE R,L,R, LEFT KICK BALL CHANGE, HEEL SWIVEL RIGHT 1/8 TURN LEFT, HEEL SWIVEL RIGHT 1/8 TURN LEFT

1-2 Tap R heel to front right diag, hitch R ankle in front of L knee
3&4 Triple step in place, R,L,R
5&6 Kickball change on left
7-8 Swivel heels 2X to the right for a 1/4 turn left

Styling Bump hips to the right on heel swivels

TRIPLE STEP FWD R,L,R, TURN 1/4 LEFT, TRIPLE STEP FWD L,R,L, STEP PIVOT ON RF 1/2 TURN LEFT, TRIPLE STEP FWD R,L,R

1&2 3&4 Triple fwd R,L,R, turn 1/4 left, triple fwd L,R,L
5-6 7&8 Step pivot on RF 1/2 left, triple fwd R,L,R

Styling Lasso arms and hand on hip counts 1&2 3&4

DIG L HEEL, TURN 1/4 LEFT, RECOVER ON RF, LEFT COASTER STEP, STEP FWD ON RF, HITCH L KNEE, STEP FWD ON LF, HITCH R KNEE, CLAP ON HITCHES

1-2 Dig L heel , pivot 1/4 left, recover on RF
3&4 Step back on LF, step RF beside, step LF fwd
5-6 Step fwd on RF, hitch L knee and clap
7-8 Step fwd on LF, hitch R knee and clap

2 HIP ROLLS TURNING 1/2 LEFT, JUMP FWD RF,LF, HOLD, JUMP FWD RF,LF, JUMP FWD RF,LF

1-2 Step fwd on RF, roll hips 1/4 turn left, recvr on LF
3-4 Step fwd on RF, roll hips 1/4 turn left, recvr on LF
&5-6 Jump fwd RF, step LF beside RF, HOLD
&7 Jump fwd RF, step LF beside RF
&8 Jump fwd RF, step LF beside RF

Styling Slap booty on HOLD (COUNT 6) Grab the reins on counts &7&8