

Ride, Sally Ride

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pat Newell (USA) - August 2024
音乐: Mustang Sally - The Commitments



Senior Starter Series

Learning: triples, rock recover, k step, step, hold, step touch, vines

TRIPLE RIGHT ROCK BACK RECOVER, TRIPLE LEFT ROCK BACK RECOVER

1&2 3-4 Triple RLR, rock back on L, recover on R

5&6 7-8 Triple LRL, rock back on R, recover on L

TRIPLE RIGHT ROCK BACK RECOVER, TRIPLE LEFT ROCK BACK RECOVER

1&2 3-4 Triple RLR, rock back on L, recover on R

5&6 7-8 Triple LRL, rock back on R, recover on L

K STEP

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

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

STEP RIGHT, HOLD AND STEP TOUCH, LEFT VINE TO 1/4 WALL 9:00

1,2 & 3,4 Step R, Hold, step on L, step on R touch L

5-8 Step L to L, step R behind L, step L to 1/4 L, touch R

DANCE FOR THE HEALTH OF IT
