

# Ride, Sally Ride

**COPPER KNOB**  
STEPSHEETS

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

---