

Live To Ride

拍数: 32 墙数: 4 级数: Improver
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音乐: Live To Ride - Danny Shirley



STOMP LEFT, RIGHT, HEELS UP, DOWN

- 1 Stomp left foot out slightly, to the left side
- 2 Stomp right foot out slightly, to the right side (feet about shoulder width apart)
- 3 Rise up on the balls of both feet, lifting the heels, knees slightly bent
- 4 Lower both heels, weight primarily to the right foot

LEFT FORWARD SHUFFLE, RIGHT FORWARD SHUFFLE

- 5&6 Step left foot forward, step right foot beside the left, step left foot forward
- 7&8 Step right foot forward, step left foot beside the right, step right foot forward

STEP ¼ TURN LEFT, ¼ TURN LEFT, ¼ TURN LEFT, ¼ TURN LEFT, STOMP (4 BEATS)

- 9 Step left foot to the left side, stepping into a ¼ turn left, facing 9:00
- & Raise the left heel as you pivot ¼ to the left, facing 6:00, the right knee is lifted slightly
- 10 Bring the left heel down
- & Raise the left heel as you pivot ¼ to the left, facing 3:00
- 11 Bring the left heel down
- & Raise the left heel as you pivot ¼ to the left, facing 12:00
- 12 Stomp right foot beside the left, weight changes to the right foot

SIDE, TOGETHER, STOMP OUT, STOMP OUT

- 13 Step left to the left side
- 14 Step right foot beside the left
- 15 Stomp left foot out slightly, to the left side
- 16 Stomp right foot out slightly, to the right side (feet about shoulder width apart)

CROSS-BALL-CHANGE, CROSS-BALL-CHANGE (SAILORS SHUFFLE)

- 17&18 Step left foot back crossing behind the right, step right foot to the right side, step left foot in place
- 19&20 Step right foot back crossing behind the left, step left foot to the left side, step right foot in place

PIVOT ¼ RIGHT, PIVOT ½ LEFT, KICK-BALL-CHANGE

- 21 Pivot ¼ turn right on the balls of both feet, facing 3:00
- 22 Pivot ½ turn left on the balls of both feet, facing 9:00
- 23&24 Kick right foot forward, step right ball of foot beside the left, step left foot in place, beside the right

STEP BACK, SHIMMY, STEP BACK, SHIMMY

- 25 Step right foot back (begin shoulder shimmy)
- 26 Hold (continue shimmy)
- 27 Step left foot back (continue shimmy)
- 28 Hold (end shimmy)

FEET TOGETHER, HIP ROLL

- 29 Step right foot back, beside the left
- 30 Roll hips back and to the right, in a circular (to the right) motion
- 31 Roll hips forward and to the left, in a circular (to the right) motion

Roll hips back and to the right, in a circular (to the right) motion, weight goes to right foot

REPEAT
