

Ride A White Swan

拍数: 44 墙数: 4 级数: Improver
编舞者: Pat Stott (UK) & Steve Rutter (UK)
音乐: Ride a White Swan - Marc Bolan & T. Rex



(ALL WITH RIGHT FOOT) TOUCH OUT, TOUCH IN, HEEL FORWARD, TOUCH ACROSS, HEEL FORWARD TOUCH IN, HEEL STRUT

- 1-2 Touch right toe to right side, touch right toe beside left
- 3-4 Tap right heel forward, touch right toe across and in front of left leg
- 5-6 Tap right heel forward, touch right toe beside left
- 7-8 Touch right heel forward, snap right toe down (taking weight)

(ALL WITH LEFT FOOT) TOUCH OUT, TOUCH IN, HEEL FORWARD, TOUCH ACROSS, HEEL FORWARD TOUCH IN, HEEL STRUT

- 9-10 Touch left toe to left side, touch left toe beside right
- 11-12 Tap left heel forward, touch left toe across and in front of right leg
- 13-14 Tap left heel forward, touch left toe beside right
- 15-16 Touch left heel forward, snap left toe down (taking weight)

SIDE STEP TO RIGHT, CLOSE LEFT, SIDE STEP TO RIGHT, TOUCH LEFT, CROSS ROCK, ¼ TURN LEFT, TOUCH RIGHT, STEP FORWARD RIGHT, PIVOT ½ TURN LEFT

- 17-18 Step right to right side, close left beside right
- 19-20 Step right to right side, touch left toe beside right
- 21-22 Cross rock left over right, recover weight back onto right
- 23-24 Make ¼ turn to left stepping forward on left, touch right toe beside left
- 25-26 Step right forward, on the balls of both feet pivot ½ turn left

WALK FORWARD, DIAGONAL STEP, DRAG LEFT, HIP BUMPS

- 27-28 Walk forward on right, walk forward on left
- 29 Take a large step forward on right towards right diagonal
- 30-32 Slowly drag left up to right
- 33-36 Bump hips - left, right, left, right

DIAGONAL STEP, DRAG RIGHT, HIP BUMPS

- 37 Take a large step forward on left towards left diagonal
- 38-40 Slowly drag right up to left
- 41-44 Bump hips - right, left, right, left

REPEAT
