

Ride It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Ride It - Geri Halliwell



KICK-SIDE-TOUCH, KICK-SIDE-TOUCH, SIDE ROCK, TOUCH, HEEL BOUNCE

1&2 Kick right forward, step right to right, touch left beside right
3&4 Kick left forward, step left to left, touch right beside left
5-6 Rock right to right, recover onto left
7&8 Touch right toe beside left heel, raise both heels, drop both heels

LARGE STEP RIGHT, TOUCH, ¼ TURN, LARGE STEP FORWARD, TOUCH, SHUFFLE, HITCH, ¼ TURN SIDE

9-10 Step right large step right (bending knees), touch left beside right (straightening knees)
11-12 Make ¼ turn left and step left large step forward (bending knees), touch right beside left (straightening knees)
13&14 Shuffle forward stepping right, left, right
15-16 Hitch left, make ¼ turn left and step left to left

CROSS ROCK-RIGHT, CROSS ROCK-LEFT, FORWARD ROCK, ¼ TURN, SIDE ROCK

17&18 Rock right across left, recover onto left, step right to right
19&20 Rock left across right, recover onto right, step left to left
21-22 Rock right forward, recover back onto left
23-24 Make ¼ turn right and rock right to right, recover onto left

STEPS, TOUCH, POINT, TOUCH, RIGHT, BEHIND, ¼ TURN STEP, ¼ TURN SIDE, TOUCH

&25-26 Step right beside left, step left to left, touch right beside left
27-28 Point right to right, touch right beside left
29-30 Step right to right, step left behind right
31&32 Step right ¼ turn right, make ¼ turn right and step left to left, touch right beside left

REPEAT

RESTART

During 5th wall, restart dance after count 24 when you will be facing the 9:00 wall

TAG

Danced immediately after 10th wall - facing 12:00

1-4 Step right to right and, with right shoulder leading, bounce body to right, bounce body to right 3 further times (body faces forward, leaning a little further to the right with each bounce)
5-8 With left shoulder leading bounce body to left four times, leaning a little further left with each bounce (returning to upright position) (weight on left)