

Ride This

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Carol Tavener (USA)
音乐: Ghost Riders In The Sky - Australia's Tornadoes



SHUFFLE FORWARD

1&2 Shuffle-step forward: right-left-right
3&4 Shuffle-step forward: left-right-left
5-8 Repeat steps 1-4

SIDE SHUFFLES, ROCK STEPS

1&2 Shuffle to the right: stepping right-left-right
3-4 Rock back on left foot, rock forward on right foot
5&6 Shuffle to the left: stepping left-right-left
7-8 Rock back on right foot, rock forward on left foot

LEFT QUARTER TURNS

1 Step right foot forward
2 Make $\frac{1}{4}$ turn to left, shifting weight to left foot
3 Step right foot forward
4 Make $\frac{1}{4}$ turn to left, shifting weight to left foot

KICK BALL CHANGE, STOMP, CLAP

1 Kick right foot forward
&2 Step back slightly on ball of right & replace weight forward to left
3-4 Stomp right forward, hold and clap
5-8 Reverse above 4 counts starting with left foot

SIDE HIPS

1&2 Stepping to right side, double hips to right
3&4 Stepping to left side, double hips to left

CROSS RIGHT OVER WITH SNAPS

1 Step right over left touching on right toe while raising both hands to shoulder level
2 Slap right heel down bringing hands down to hip level as you snap your fingers
3 Step left toe to left side raising both hands to shoulder level
4 Slap left heel down while bringing hands down to hip level as you snap your fingers
5-8 Repeat above 4 steps

LEFT QUARTER TURNS

1 Step right foot forward
2 Make $\frac{1}{4}$ turn left shifting weight to left foot
3 Step right foot forward
4 Make $\frac{1}{4}$ turn to left shifting weight to left foot

CROSS OVER WITH SNAPS

1-8 Repeat cross over snaps, counts 33-40 above

STEP FORWARD, TURN, STOMPS

1-2 Step forward right, turn $\frac{1}{4}$ turn left
3-4 Stomp right stomp left

REPEAT
