Ride-Ride-Ride



拍数: 48 墙数: 0 级数:

编舞者: Mustang Lone Stars (CAN) 音乐: Riding Alone - Rednex



Dance starts 14 seconds from start of CD. During this time you can clap to the beat of the music. Form dance lines facing each other, dancers are staggered so lines can pass through.

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1	With both hands slap both legs (right hand to right leg, left hand to left leg)
2	With both hands slap both legs (right hand to right leg, left hand to left leg)
3	Cross right hand over left hand and slap legs
4	Uncross and slap legs again. (right hand to right leg, left hand to left leg)
5	Cross right hand over left hand and slap legs
6	Uncross and slap legs again. (right hand to right leg, left hand to left leg)
7	Reach out with both hands and slap dancers hands in front of you.
8	Reach out with both hands and slap dancers hands in front of you.
9	With both hands slap both legs (right hand to right leg, left hand to left leg)
10	With both hands slap both legs (right hand to right leg, left hand to left leg)
11	Cross right hand over left hand and slap legs
12	Uncross and slap legs again. (right hand to right leg, left hand to left leg)
13	Cross right hand over left hand and slap legs
14	Uncross and slap legs again. (right hand to right leg, left hand to left leg)
15	Reach out with both hands and slap dancers hands in front of you.
16	Reach out with both hands and slap dancers hands in front of you.

SIDES SHUFFLES WITH ROCK STEPS AND BOWS

17	Shuffle to the right at ¼ turn
&	Left
18	Right
19	Cross left foot over right, twist body to right, bow while touching hat with left hand
20	Step back on right
21	Shuffle to the left at ¼ turn
&	Right
22	Left
23	Cross right foot over left, twist body to left, bow while touching hat with right hand
24	Step back on left
25	Step back on right
26	Step forward on left

PIVOTS & HAND MOVEMENTS

FIVOTS & TIAND MOVEMENTS				
27	Step out on right			
28	Make a 1/3 turn to left, while waving right hand in air (lasso motion)			
29	Step out on right			
30	Make a 1/3 turn to left, while waving right hand in air (lasso motion)			
31	Step out on right			
32	Make a 1/3 turn to left, while waving right hand in air (lasso motion)			

SHUFFLES FORWARD-PASS THROUGH AND PIVOTS

33	Shuffle forward right
11	Shime forward right

& Left

34 Right

35 Shuffle forward left

& Right 36 Left

(Note: During the above steps 33-36 the lines pass through)

37 Steps out right
38 Pivot ½ turn left
39 Shuffle forward right

& Left40 Right

41 Shuffle forward left

& Right 42 Left

43 Step out on right 44 Make ½ turn to left

BOX STEP WITH A JUMP FORWARD

45 Cross right over left
46 Step back on left
47 Step back on right
48 Jump both feet forward

REPEAT