

# Ridin' Solo

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Chris Hodgson (UK)  
音乐: Ridin' Solo - Adeja Benz



## TOUCH-BALL-BACK, SWEEP-BALL-STEP, ¼ TURN-CROSS, CHASSE

1&2      Touch right toe forward, step right next to left, step back on left  
3&4      Sweep right toe to behind left, step down on right, step forward on left  
5-6      ¼ turn left on ball of left sweeping right toe around from back to across left, cross step right over left  
7&8      Step left to left side, step right next to left, step left to left side

## CROSS-½ UNWIND, CROSS-POINT, BEHIND-SIDE-CROSS, HEEL JACK

1-2      Cross right over left, unwind ½ turn left (weight on left)  
3-4      Cross right over left, point left toe to left side  
5&6      Cross left behind right, step right to right side, cross left over right  
&7      Step slightly back on right, touch left heel to left diagonal  
&8      Step left in place, cross step right over left

## HIP BUMPS-& CROSS-¼ TURN, HIP BUMPS-&CROSS-POINT

1-2      Bump hips to left twice  
&3-4      Step right slightly to right side, cross left over right, step back on right making ¼ turn left  
5-6      Stepping left to left side bump hips to left twice  
&7-8      Step right slightly to right side, cross left over right, point right toe to right side

## CROSS-LIFT, & HEEL & STEP, SIT DOWN-GET UP ½ TURN, CHASSE ¼ TURN

1-2      Cross step right over left, lift left foot behind right knee  
&3      Step down on left, touch right heel forward  
&4      Step right to place, step forward on left  
5-6      Sit down slightly bending knees, ½ turn right on balls of both feet straightening up body  
7&8      ¼ turn right on ball of right stepping left to left side, step right next to left, step left to left side

**REPEAT**

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