

Ryedin' High

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Western Rye - The Ryes



WEAVE RIGHT / SIDE ROCK / CROSS SHUFFLE

1-2 Step right to right side, cross left behind
3-4 Step right to right side, cross left in front of right
5-6 Step right to right side, rock weight onto left foot
7&8 Cross right over left, step left to left, cross right over left

WEAVE LEFT / SIDE ROCK ¼ TURN / FORWARD SHUFFLE

1-2 Step left to left side, cross right behind
3-4 Step left to left side, cross right in front of left
5-6 Step left to left side, rock weight onto right foot making ¼ turn right
7&8 Shuffle forward on left-right-left

RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-½ TURN

1& Step forward with right foot, slide right foot back hitching up left leg
2& Step forward with left foot, slide left foot back hitching up right leg
3&4& Repeat counts 1&2& of this section again
5&6 Shuffle forward on right-left-right
7-8 Step forward on left foot, pivot ½ turn right

RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-½ TURN

1& Step forward with left foot, slide left foot back hitching up right leg
2& Step forward with right foot, slide right foot back hitching up left leg
3&4& Repeat counts 1&2& of this section again
5&6 Shuffle forward on left-right-left
7-8 Step forward on right foot, pivot ½ turn left

FORWARD LOCK STEPS-HOLD / BACK LOCK STEPS / UNWIND ½ TURN

1-2 Step forward on right foot, lock left foot behind right heel
3-4 Step forward on right foot, hold position for 1 count
5-6 Swing left foot around in front of right stepping down on it, step back on right foot
7-8 Cross step left foot over in front of right, unwind ½ turn right

KICKS / TRIPLE ¼ TURN / KICKS / COASTER STEP

1-2 Kick right foot forward, kick right heel to right side
3&4 Triple step on right-left-right making ¼ turn left
5-6 Kick left foot forward twice
7&8 Step back on left foot, step right next to left. Step forward on left foot

¼ TURN / SHUFFLE FORWARD / RUNNING MAN FORWARD

1-2 Step forward with right foot, pivot ¼ turn left
3&4 Shuffle forward on right-left-right
5& Step forward with left foot, slide left foot back hitching up right leg
6& Step forward with right foot, slide right foot back hitching up left leg
7&8& Repeat counts 5&6& of this section again

CHASSE LEFT / ROCK STEP / CHASSE RIGHT / BEHIND-UNWIND ½ TURN

1&2 Step left to left side, step right next to left, step left to left side
3-4 Step back on right foot, rock weight onto left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Cross left foot behind right, unwind $\frac{1}{2}$ turn left

REPEAT

All running man steps, can be changed to a walk forward for those who do not wish to do them.
