

# Saddle Sore

拍数: 44      墙数: 0      级数:  
编舞者: Karen Rose, Ron Hitchen (UK) & Barbara Hitchen (UK)  
音乐: Surf Medley - Junior Brown



- 1            Right heel forward
- 2            Left heel forward
- 3            Right foot in place
- 4            Left foot in place
  
- 5            Right heel forward
- 6            Left heel forward
- 7            Right foot in place
- 8            Left foot in place
  
- 9            Heel splits
- 10           Heels together
- 11           Left swivet
- 12           Feet back in place
  
- 13           Heel splits
- 14           Heels together
- 15           Right swivet
- 16           Feet back in place
  
- 17-20        Traveling backward and making a full turn to the left:
- 21-24        Toe-heel struts right, left, right, left
  
- 25           Right toe point to the side and use it to provide momentum for the next step
- 26           Pivot  $\frac{1}{2}$  turn to the right on ball of left foot, finishing turn with right foot beside left
- 27           Left toe point to the side
- 28           Left foot step beside right
  
- 29           Right toe point to the side and use it to provide momentum for the next step
- 30           Pivot  $\frac{1}{2}$  turn to the right on ball of left foot, finishing turn with right foot beside left
- 31           Left toe point to the side
- 32           Left foot step beside right
  
- 33           Jump forward landing right, left
- 34           Hold for one beat and clap
- 35           Jump forward landing right, left
- 36           Hold for one beat and clap
  
- 37           Right foot step to the side
- 38           Left foot step behind right
- 39           Right foot step to the side and  $\frac{1}{4}$  turn to the right
- 40           Hitch left knee
  
- 41           Left foot step to the side
- 42           Right foot step behind left
- 43           Left foot step to the side

**REPEAT**

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