

Side Saddle (P)

拍数: 38 墙数: 0 级数: Partner
编舞者: Bob Brown
音乐: Killin' Time - Clint Black



Position: Holding inside hands. Can be done in cape or as contra circle

MAN'S STEPS FOUR POLKAS

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right
5&6 Shuffle forward left, right, left
7&8 Shuffle forward right, left, right

Partners exchange places. Man passes behind. Lady passes in front, release hands & rejoin inside hands after position exchange

CROSS, STEP, CROSS, HEEL

9-10 Cross left behind right, step right on right
11-12 Cross left behind right, touch right heel forward

BACK TWO, POLKA

13-14 Step back on right, step back on left
15&16 Shuffle forward right, left, right

POLKA, STEP, PIVOT ½, POLKA

17&18 Shuffle forward left, right, left
19-20 Step forward on right, pivot ½ left
21&22 Shuffle forward right, left, right

Now facing opposite LOD. Partners exchange places. Man passes behind. Lady passes in front. Release hands & rejoin inside hands after position exchange

CROSS, STEP, CROSS, HEEL

23-24 Cross left behind right, step right on right
25-26 Cross left behind right, touch right heel forward

BACK TWO, POLKA

27-28 Step back on right, step back on left
29&30 Shuffle forward right, left, right

POLKA, STEP, PIVOT ½

31&32 Shuffle forward left, right, left
33-34 Step forward on right, pivot ½ left

HEEL, STEP, LIFT, CROSS

35-36 Touch right heel forward, step right beside left
37-38 Lift left leg, cross left over right

REPEAT

LADY'S STEPS FOUR POLKAS

1&2 Shuffle forward left, right, left

3&4 Shuffle forward right, left, right

5&6 Shuffle forward left, right, left

7&8 Shuffle forward right, left, right

Partners exchange places. Man passes behind. Lady passes in front. Release hands & rejoin inside hands after position exchange

GRAPEVINE LEFT, HEEL

9-10 Step left on left, cross right behind left

11-12 Step left on foot, touch right heel forward

BACK TWO, POLKA

13-14 Step back on right, step back on left

15&16 Shuffle forward right, left, right

POLKA, STEP, PIVOT ½, POLKA

17&18 Shuffle forward left, right, left

19-20 Step forward on right, pivot ½ left

21&22 Shuffle forward right, left, right

Now facing opposite LOD. Partners exchange places. Man passes behind. Lady passes in front. Release hands & rejoin inside hands after position exchange

GRAPEVINE LEFT, HEEL

23-24 Step left on left, cross right behind left

25-26 Step left on left, touch right heel forward

BACK TWO, POLKA

27-28 Step back on right, step back on left

29&30 Shuffle forward right, left, right

POLKA, STEP, PIVOT ½

31&32 Shuffle forward left, right, left

33-34 Step forward on right, pivot ½ left

HEEL, STEP, LIFT, CROSS

35-36 Touch right heel forward, step right beside left

37-38 Lift left leg, cross left over right

REPEAT
