

Steady As You Go

拍数: 48 墙数: 4 级数:
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音乐: Riding Alone - Rednex



SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

1&2 Shuffle to the right, right-left-right
3-4 Rock onto left foot behind right, shift weight forward onto right foot
5&6 Shuffle to the left, left-right-left
7-8 Rock onto right foot behind left, shift weight forward onto left foot

FORWARD SHUFFLE, TURN, TURNING SHUFFLE, ROCK

1&2 Shuffle forward right-left-right
3-4 Step forward on left foot, pivot ½ turn right (shifting weight to right foot)
5&6 Shuffle forward while turning ½ turn right, left-right-left
7-8 Rock back onto right foot, shift weight forward onto left foot

KICK, BALL, CHANGE, TURN, WALK

1&2 Kick right foot forward, step on ball of right foot, step left foot in place
3-4 Step forward on right foot, pivot ½ turn left shifting weight to left foot
5-7 Walk forward right-left-right
8 Kick left foot forward

WALK, BACK, QUICK-STEP, RIGHT GRAPEVINE

1-3 Walk backward, left-right-left
&4 Step back on right foot and quickly step left foot across in front of right
5-7 Step right foot to right, step left foot behind right, step right foot to right
8 Kick left foot forward

STEP-KICK, STEP-KICK, ROLLING LEFT GRAPEVINE

1-2 Step left foot in place, kick right foot forward
3-4 Step right foot in place, kick left foot forward
5-6 Step left foot to left turning ¼ turn left, step right foot forward turning ½ turn left
7-8 Step left foot back turning ½ turn left, touch right toe beside left foot

You have just completed a 1& ¼ turn left. An alternative is to do a left grapevine w ¼ turn left

SYNCOPATED HEEL TOUCHES, HIP BUMPS

&1&2 Step back on right foot, touch left heel forward, step home on left, touch right toe home
&3&4 Step back on right foot, touch left heel forward, step home on left, touch right toe home
5-6 Step onto right foot, bumping hips to right twice
7-8 Step onto left foot, bumping hips to left twice

REPEAT