8 Second Ride



编舞者: Ron Kelly (USA) & Matt Tout (USA) 音乐: Summertime Blues - Alan Jackson



1-4	With weight on left, stomp right foot beside left four times
1-2 3-4 5-6 7-8	Step right to the right; kick side left with left Step down on left beside right foot; kick side right with right foot Step down on right beside left; kick side left with left foot Step down on left as you pivot ¼ turn to right; kick forward with right foot
& 1-2 3-4 5-6 7-8	Step next to left on right Right foot takes place of left as left kicks back; kick forward with left Kick back with left; pivot ½ turn to left side on right, kick again with left Kick back with left; pivot ½ turn to left side on right, kick again with left Step behind right with instep of left foot (third position); right foot crosses over left as you turn ¼ left
1-4	Turn slowly full turn; stomp right next to left on count 4
1-2 3-4	Bump hips right twice Bump hips left twice
1-2 3-4 5-6 7-8	Step back on right; pivot ½ turn on right foot to left side step down on left foot Put hands on thighs and bend knees (like a squat); come up from knee bend and heel touch to right with right heel Step side right with right foot; pivot ½ turn on right foot to left side, step on left foot Pivot ½ turn on left foot to left side, step on right foot; pivot ¾ turn on right foot to left side, step on left foot
1-2 3-4	Scuff forward on right; step down on right Scuff forward on left; step down on left

REPEAT