

CC Rider

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sandy Kerrigan (AUS)
音乐: CC Rider - Lulu



RIGHT SWIVEL REGGAE, STEP RIGHT TO RIGHT, CROSS LEFT BEHIND RIGHT, RIGHT SIDE SHUFFLE

- 1-2 Cross right over left and swivel on right with right heel turned right 11:00, (both heels now twisted to right) step back on left (both heels now twisted to left side) 1:00
3-4 Step right to right with right and left heels twisted right 11:00, cross left over right (turning right heel in)
5-6 Step right to right side, cross left behind right 12:00
7&8 Right side shuffle stepping right to right, left together and right to right side 12:00

BACK ROCK, TURNING ½ RIGHT SHUFFLE BACK LEFT, SIDE, BEHIND, SIDE SHUFFLE RIGHT

- 1-2-3&4 Rock back left, replace forward to right, turning ½ right shuffle back left 6:00 (¼ right step back left, step right together, turning ¼ right step left back and to left side)
5-6-7&8 Step right to right, cross left behind right, right side shuffle 6:00

SIDE, BEHIND, LEFT SIDE SHUFFLE ¼ LEFT, CROSS, STEP BACK, ¼ RIGHT FORWARD, ½ RIGHT STEP BACK

- 1-2-3&4 Step left to left side, cross right behind left, step left to left side, step right together, turning ¼ left step forward left 3:00
5-6-7-8 Cross right over left, step back left, turning ¼ right step forward right, turning ½ right step back left 12:00

¼ RIGHT SIDE SHUFFLE RIGHT, CROSS, STEP BACK, ¼ LEFT STEP FORWARD, STEP BACK ¾ LEFT, WALK FORWARD LEFT, WALK FORWARD RIGHT

- 1&2-3-4 Turning ¼ right side shuffle right (on first step) 3:00, cross left over right, step back right
5-6-7-8 Turing ¼ left step forward left, turning ¾ left step back right, walk forward left, forward right 3:00

FORWARD ROCK STEP, LEFT SAILOR, RIGHT SAILOR BACK, STEP BACK LEFT, TOUCH RIGHT TOE BACK

- 1-2-3&4 Rock forward left, replace back to right, left sailor step - travel backwards
5&6-7-8 Right sailor step - travel backwards, step back left, touch right toe back 3:00

SWIVEL STRUT ¼ LEFT, LEFT SHUFFLE FORWARD, ½ PIVOT TURN LEFT, ¼ LEFT SIDE RIGHT, STEP SIDE LEFT

- 1-2 Turning ¼ left right toe heel strut forward (swivel on left foot) 12:00
3&4-5-6 Shuffle forward left to 12:00, step forward right, ½ pivot turn left 6:00
7-8 Turning ¼ left step right to right side, rock left to left side 3:00

REPEAT