

Last Ride

拍数: 32 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK) - March 2012
音乐: Bandido's Last Ride - Dave Sheriff : (CD: Bandido's Last Ride)



Start dancing on lyrics

[1-8] WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

1-2 Step right forward
3&4 Step right forward step left together, step right forward
5-6 Step left forward right
7&8 Step left forward step right together, step left forward Keep steps small and try not to travel too far forward

[9-16] FORWARD ROCK, SHUFFLE BACK X 3

1-2 Rock right forward, recover to left
3&4 Chassé back right, left, right
5&6 Chassé back left, right, left
7&8 Chassé back right, left, right Angle body right on right shuffles back, angle body left on left shuffles back

Clap hands above head as you shuffle back in time with the claps in the song (flamenco style!)

[17-24] BACK ROCK, CHASSE LEFT, BACK ROCK, CHASSE RIGHT

1-2 Cross/rock left behind right, recover to right
3&4 Chassé side left, right, left
5-6 Rock right back, recover to left
7&8 Chassé side right, left, right

[25-32] LEFT JAZZ BOX TURNING ¼ LEFT, CROSS, SIDE ROCK, COASTER STEP

1-2 Cross left over right, step right back
3-4 Turn ¼ left and step left to side, cross right over left (9:00)
5-6 Rock left to side, recover to right
7&8 Step left back, step right together, step left forward

REPEAT
