

Ride Me Down Easy

拍數: 64 牆數: 2 級數: Novice - Country
編舞者: Tjwan Oei (NL) - October 2017
音樂: Ride Me Down Easy – by Bernie Heaney - also by CC Cooper



S01: Toe strut to the right side – Chasse – Step ¼ turn left back – Touch

1&2& RF. step toe to right side – RF. set heel down – LF. cross toe over RF, - LF. set heel down
3&4& RF. step toe to right side – RF. set heel down – LF. cross toe over RF. – LF. set heel down
5&6 RF. step to right side – LF. step together – RF. step to right side
7-8 LF. step ¼ turn left back – RF. touch beside LF. [9]

S02: Step diag . right forward – Lock behind – Shuffle fwd . – Rock forward – Recover – Coaster step

1-2 RF. step diagonally to right forward – LF. lock behind RF.
3&4 RF. step forward – LF. step together – RF. step forward
5-6 LF. rock forward – Recover weight onto RF.
7&8 LF. step back – RF. step together – LF. step forward

S03: Step to right side – Cross behind – Side step – Cross over – Step ¼ turn left back – Vine to left with ¼ turn right – Touch

1-2 RF. step to right side – LF. cross behind RF .
3&4 RF. step to right side – LF. cross over RF. – RF. step ¼ turn left back [6]
5-6 LF. Step to left side – RF. cross behind LF.
7-8 LF. step ¼ turn right to left side – RF. touch beside LF. [9]

S04: Rocking chair – Pivot ½ turn left – Pivot ¼ turn left

1-2 RF. step forward – Recover weight onto LF.
3-4 RF. step back – Recover weight onto LF.
5-6 RF. step forward – RF./LF. step ½ turn left [3]
7-8 RF. step forward – RF./LF. step ¼ turn left [12]

S05: Military full turn (Right turning)

1-2 RF. step ¼ turn right forward – LF . step together [3]
3-4 RF. step ¼ turn right forward – LF. step together [6]
5-6 RF. step ¼ turn right forward – LF. step together [9]
7-8 RF. step ¼ turn right forward – LF. step together [12]

S06: Rock fwd . – Recover – Shuffle ½ turn right – Step ¼ turn right fwd . – Together – Right cross shuffle

1-2 RF. rock forward – Recover weight onto LF .
3&4 RF. step ¼ turn right forward – LF. step ¼ turn right forward – RF. step together beside LF.
[6]
5-6 LF. step ¼ turn right to left side – RF. step together [9]
7&8 LF. cross over RF. – RF. step to right side – LF. cross over RF .

S07: Walk forward (R – L – R) – Kick forward – Walk back (L – R) – Coaster step

1-2 RF. step forward – LF. step forward
3-4 RF. step forward – LF. kick forward
5-6 LF. step back – RF. step back
7&8 LF. step back – RF. step together – LF. step forward

S08: Cross over – Step back – Step to right side – Cross over – Step ¼ turn left back – Rock back – Rec . – Shuffle forward

1-2 RF. cross over LF. – LF. step back
3&4 RF. step to right side – LF. cross over RF. – RF. step ¼ turn left back [6]

5-6 LF. rock back – Recover weight onto RF.
7&8 LF. step forward – RF. step together – LF. step forward

REPEAT :

After wall Three – Dance Section 05 till the end .

END :

Sung by Bernie Heaney : Dance Section 08 till the end – Sung by CC Cooper : Dance Section 07 & 08 till the end .

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