

Riding Free

COPPER KNOB
STEPSHETS

拍數: 40 牆數: 2 級數: Low Intermediate
編舞者: Pizzaia Mauro (IT) - July 2018
音樂: Maisy Stella - Riding Free (From Dreamworks' Spirit Riding Free)



Start dancing on lyrics

MAMBO STEP FORWARD AND BACK, SHUFFLE FORWARD, ROCK STEP

1&2 Step right forward, recover back on left, step right together.
3&4 Step left back, recover on right, step left together.
5&6 Step right forward, left together, step right forward.
7-8 Step left forward, recover on right.

1/2 TURN LEFT, 1/2 TURN LEFT, SHUFFLE TURN, MAMBO STEP, SHUFFLE BACK

1-2 Turn 1/2 left and step left forward, turn 1/2 left and step right back.
3&4 Shuffle 1/2 turn left, left, right, left.
5&6 Right step forward, recover on left, step right together.
7&8 Left shuffle back, left, right, left.

1/4 TURN RIGHT, HOLD, 1/4 TURN RIGHT AND STEP LEFT FORWARD, TURN 1/4 RIGHT AND LEFT CROSS, KICK BALL CROSS, STEP SIDE, STOMP.

1-2 Turn 1/4 right and step right to side, hold with body and snap fingers
3&4 Turn 1/4 right and step left forward, turn 1/4 right and step left cross over right.
5&6 Kick right forward, right together, cross left over right.
7-8 Big step right to right side, stomp left together.

HEEL FORWARD, POINT BACK, TURN 1/2, HEEL GRIND 1/4 TURN LEFT, COASTER STEP.

1-4 Right heel forward, touch toe back, turn 1/2 right heel on the ground and toe height, Step right forward and stomp up left together.
5-6 Left heel grind 1/4 turn left.
7&8 Left coaster step.

RUMBA BOX, FULL TURN LEFT

1&2& Right step to side, close left together, step right back, touch left together.
3&4 Step left to side, touch right together, step left forward.
5-8 Cross right over left and full turn left.

TAG: At The end 2nd and 4th walls, repeat the last 8 counts (rumba box and full turn)

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