

Lay Back and Let It Ride

拍數: 64
編舞者: Julia Radtke (DE) - August 2018
音樂: It Feels Good - Drake White

牆數: 4

級數: Phrased Intermediate



Phrased: ABA*ABAABBA, (Counter) Clockwise,

Part A: 32 counts

A: Side, Hold, Together, Side Triple Step, Cross Rock, Side Triple Step with ¼ Turn

1-2 Right Step to right - Hold
3&4 Right to right side- Close Left beside Right – Step Right to right Side
5-6 Cross Left over Right – Revolver in Right
7&8 Step Left to left – Close Right beside left – Step left to left side

A: Heel Grind ¼ Turn, Coaster Step, Rock Step, Triple ¼ Turn

9-10 Right Heel Forward – Turn ¼ right
11&12 Step Right Back – Step left next to right – Step Right forward
13-14 Step Left forward – Recover on Right
15&16 Turn ¼ Left, Step Left to Left – Close Right beside Left – Step Left to left side

A: Cross, Side, Sailor Step ,Cross, Side, Sailor Step

17-18 Cross Right over Left – Step Left to Left Side
19&20 Cross Right behind left – Step left to left side – step right to right side
21-22 Cross left over right – step right to right side
23&24 Cross left behind right – Step right to right side– step left to left side

A: Toe Switches Forward- Toe Switches Side,Sailor Step, Point Back, ½ Turn with Hitch

25& Point right toe forward – Close right beside left
26& Point left toe forward – Close left beside right
27& Point right toe to right side – close right beside left
28 Point left toe to the side
29&30 Cross left behind right- Step right to right side – Step left to left side nach re
31 Point right toe back
32 Turn ½ right, lift right Knee up

Part B: 32 counts

B: Side with Hip roll, Touch, Side with Hip Roll, Touch, Slide, Together, Twist Turn

1-2 Step right to right, roll hip from left to right – Touch left beside right
3-4 Step left to left side – roll hip from right to left – Touch right beside left
5-6 Step right to right side
&7 Close left beside right – Cross Right over left
8 Turn ½ left, weight on left

B: Slide Diagonal right fwd., Touch, Slide Diagonal left fwd., Touch , Step ½ Turn, Pivot Turn

9-10 Step right diagonal right forward – Touch left beside right
11-12 Step left diagonal left forward – Touch right beside left
13-14 Step right forward – Turn ½ left, weight on left
15-16 Turn ½ left, step right back – turn ½ left, step left forward

B: Toe Strut, Toe Strut, Rock Step, Coaster Step

17-18 Touch right Toe forward – Put Weight on right
19-20 Touch left toe forward – Put weight on left

21-22 Step right forward – Recover on left
23&24 Step right back – Close left beside right – Step Right forward

B: Out, Out, Double Heel Bounce, In, In, Step fwd., Swivel

25-26 Step left to left side – Step right to right Side
&27&28 Push both Knees forward and back – Push both Knees forward and back
29-30 Step right to the middle – Close left beside right
31&32 Step right forward – Swivel both Heels forward – Swivel both Heels back

Part A*: 16 counts

A*: Side, Hold, Together, Side Triple Step, Cross Rock, Side Triple Step with ¼ Turn

1-2 Right Step to right - Hold
3&4 Right to right side- Close Left beside Right – Step Right to right Side
5-6 Cross Left over Right – Revoer in Right
7&8 Step Left to left – Close Right beside left – Step left to left side

A*: Heel Grind ¼ Turn, Coaster Step, Rock Step, Coaster Step

9-10 Right Heel Forward – Turn ¼ right
11&12 Step Right Back – Step left next to right – Step Right forward
13-14 Step Left forward – Recover on Right
15&16 Step Left back – Close left beside right – Step Left forward

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