

# Ride

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michael Barr (USA) - October 2018  
音樂: Ride or Die (feat. Foster the People) - The Knocks : (CD: New York Narcotic)



Download: iTunes or Amazon single. Download the 4:02 in length to match the BPM's above.

Lead: 32 cts. - No Tags / No Restarts

## [1-8] Walk, Walk, Anchor Step – Sailor Step w/ 1/4 Turn Left, Step Fwd., 1/2 Turn Left w/Touch

- 1, 2            Step R forward; Step L forward  
3 & 4           Step R behind L (as you open your hips slightly to the right); Step L in place; Step R slightly back (square up)  
5 & 6           Step/sweep L behind R; Turning ¼ left step ball of R in place; Step L forward (9:00)  
7, 8            Step R forward; Turn ½ left keeping weight on R (end w/ bent L knee and w/ L toe touching floor) (3:00)

**Note: Make the turn "pop" on count 8.**

## [9-16] Rock Return x 2 – Walk, Walk, Quick-Rock, Return, Cross

- 1            Rock forward onto L in place (rock forward dropping L heel to floor as you lift R heel off floor)  
2            Return weight onto R in place (drop/return R heel to floor lift as you lift L heel off floor)

**Attitude: turn head to look ¼ right on count 2. Be cool, everyone is watching** □

- 3, 4            Repeat counts 1, 2

**Attitude: turn head to look ¼ right on count 4. Be cool, everyone is still watching** □

**\*Rub your stomach in a counterclockwise direction and stick your tongue out – who said line dancing wasn't fun! Just kidding!**

- 5, 6            Walk L forward; Walk R forward  
&7, 8           (&) Quick side rock left onto L; Return weight to R stepping slightly back; Cross L over R (prep turn) (3:00)

## [17-24] Turn 1/4 L, 1/2 L, 1/4 L, Cross, Side – Behind, Side, Touch, Quick Step, Walk, Walk

- 1 - 2           Turn ¼ left stepping back on R; Turn ½ left stepping forward on L  
3 & 4           Turn ¼ left, step R side right; Cross L in front of R; Step R side right (open hips slightly to left and breathe □)  
5&6&           Step L behind R; Step R side R; Touch L next to R; Step onto ball of L next to R  
7, 8            Step R forward to left diagonal (1:30); Step L forward to left diagonal (1:30)

## [25-32] Quick Rock, Return w/ Modified Syncopated Weave w/ Heel & Cross – Spiral 3/4 Turn

- &1            (&) Quick side rock right onto R (square up to 12:00); Return weight onto L (open hips slightly to the left)

**Note: Breathe here before the syncopated weave.....** □

- 2 & 3           Cross R over L; Step L side left; Step R behind L  
&4            Step L side left; Cross R over L  
&5            Step L side left; Touch R heel to right diagonal  
&6            Step slightly back on ball of R; Cross L over R  
7, 8            Step ball of R next to L; Rotate ¾ left on ball of R stepping forward on your L (3:00)

**Easier Alternative for 7,8: Turn ¼ left stepping R back (9:00); Turn ½ left stepping L forward (3:00)**

**Begin Again and Enjoy**

**Ending: Dance ends on the front wall. As you come out of your last turn just take one more step forward onto your Right.**

**Ta Da!!!**

