Ride 'til I can't no More



拍數: 72 牆數: 2 級數: Phrased Beginner

編舞者: Mark Treacy (USA) - May 2019

音樂: Old Town Road (feat. Billy Ray Cyrus) (Remix) - Lil Nas X



Count in: 16

Part 1: 16 Counts

Walk forward R, L, R, L, Ride in place, Walk forward L, R, L, R, Ride in place

1-4 Walk forward Right, Left, Right, Left

5&6&7&8 Ride (Giddy up side to side/Right hand up riding)

1-4 Walk forward L R L R

5&6&7&8 Ride (Giddy up side to side/Left hand up riding)

Part 2: 32 Counts

(Do Twice) Step, behind, step, kick Right and Left, Step Back and Tap

1-4 Step Right, Left Behind, Step Right, Kick Left,5-8 Step Left, Right Behind, Step Left, Kick Right

1-4 Step Back Right, Tap Left, Step Back Left, Tap Right,5-8 Step Back Right, Tap Left, Step Back Left, Tap Right

Part 3: 24 Counts

(Do Twice) Right Lock Step, Scuff, Left Lock Step, Scuff, Paddle and Pat

1-8 Right Step Lock Step, Scuff Left, Left Step Lock Step, Scuff Right

1-3 Paddle for 3 Right Half Turn (optional: add Lasso)

4 Pat Rear with Both Hands

Repeat Part 2, Part 3, Part 1, Part 2

Special (at the Bass Drop): Pivot half turn, R, L, R, Pivot half turn, L, R, L Hip sways for full turn and hip circles

1-2 Pivot Half Turn on Right

3&4 (&) Run it Up - Right, Left, Right, (optional: Look back)

5-6 Pivot Half Turn on Left
7&8 Run it Up - Left, Right, Left
1-4 Four Hip Sways for Full Turn
5&6 Hip Circle Counter Clockwise

7&8 Hip Circle Clockwise

Repeat Part 1, Part 2 (Soft steps on fade out)