

Ride it

拍數: 32 牆數: 4 級數: Improver
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音樂: Ride It - Regard



RF step diagonal right, sailor step, kickball cross, repeat to the other side start with LF.

- 1 RF step diagonal forward.
- 2 LF step backwards RF
- & RF step right
- 3 LF kick diagonal left.
- & LF closes RF
- 4 RF crosses forward LF
- 5 LF step diagonal left
- 6 RF step backwards LF.
- & LF step left.
- 7 RF kick diagonal right.
- & RF closes LF.
- 8 LF crosses forward rf.

RF touch right, cross forward, LF touch left, cross forward, RF touch right, cross backwards, LF touch left, cross backwards.

- 1 RF touch right.
- 2 RF cross forward LF.
- 3 LF touch left
- 4 LF cross forward RF.
- 5 RF touch right.
- 6 RF cross backwards LF.
- 7 LF touch left.
- 8 LF cross backwards RF

Arm movement with foot tap option, or use hips

- 1 -3 weight on LF roll your arms from down to up, tap RF if you want or hips
- 4 change weight to RF.
- 5 -7 roll both arms from down to up, tap LF if you want or hip.
- 8 Weight on LF.

Jazz box with ¼ turn right, heels out and in, heels out and in.

- 1 RF cross forward LF.
- 2 LF step backwards.
- 3 ¼ turn right, RF step forward.
- 4 LF step forward.
- & R heel step right diagonal forward.
- 5 L heel step left diagonal left forward.
- & RF step in center.
- 6 LF closes RF.
- & R heel step right diagonal forward.
- 7 Lheel step left diagonal forward.
- & RF step in center.
- 8 LF closes RF.

Start again

