

Riding Free

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - April 2022
音樂: Riding Free (Spirit: Riding Free) - Maisy Stella : (Amazon/ Apple Music/ Spotify)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts on lyrics/16 counts intro)

[S1] 3x Heel & Clap, Side Shuffle, Back Rock-1/4R w/ Sweep, Back-Back

1& Touch R heel diagonally forward, Clap & lift R heel
2& Touch R heel diagonally forward, Clap & lift R heel
3& Touch R heel diagonally forward, Clap & lift R heel
4&5 Shuffle to the right on R-L-R
6&7 Rock back on L, Replace weight on R, Make a 1/4 turn right stepping back on L/sweep R (3:00)
8& Run back on R-L

[S2] Back Rock, Fwd Shuffle, Fwd Rock, 1/2L-Step-Pivot 1/4L-Cross

1 2 Rock back on R, Replace weight on L
3&4 Shuffle forward on R-L-R
5 6 Rock forward on L, Replace weight on R
7& Make a 1/2 turn left stepping forward on L, Step forward on R (9:00)
8& Make a 1/4 turn left recover weight on L, Cross R over L (6:00)

[S3] 3x Heel & Clap, Behind-1/4R, Rocking Chair

1& Touch L heel diagonally forward, Clap & lift L heel
2& Touch L heel diagonally forward, Clap & lift L heel
3& Touch L heel diagonally forward, Clap & lift L heel
4& Step L behind R, Make a 1/4 turn right stepping forward on R (9:00)
5 6 Rock forward on L, Replace weight on R
7 8 Rock back on L (looking back), Replace weight on R

[S4] Rocking Chair, Step-Pivot 1/2R, Kick-Ball-Fwd Rock

1 2 Rock forward on L, Replace weight on R
3 4 Rock back on L (looking back), Replace weight on R
5 6 Step forward on L, Make a 1/2 turn right recover weight on R (3:00)
7&8& Kick forward on L, Ball step L next to R, Rock forward on R, Replace weight on L

[S5] Back, Touch, Fwd, Tap-&-1/2L, Fwd, Tap-&-1/4R-Fwd-

1 2 3 Step back on R, Touch back on L toe, Step forward on L
4& Tap R behind L, Step back on R
5 6 Make a 1/2 turn left stepping forward on L, Step forward on R (9:00)
7& Tap L behind R, Step back on L
8& Make a 1/4 turn right stepping R beside L, Step forward on L** (12:00)

[S6] Tap, Back, 1/2L Fwd Shuffle, 4x Side-Touch

1 2 Tap R behind L, Step back on R
3&4 Making a 1/2 turn left shuffle forward on L-R-L (6:00)
&5&6 Step R to the side, Touch L next to R, Step L to the side, Touch R next to L
&7&8 Step R to the side, Touch L next to R, Step L to the side, Touch R next to L***

[S7] Side Rock, 1/4R Sailor Step, Cross-Side, 1/4L Sailor Step-

1 2 Rock R to the side, Replace weight on L
3&4 Step R behind L making a 1/4 turn right, Step L beside R, Step R to the side (9:00)
5 6 Cross L over R, Step R to the side
7&8 Step L behind R making a 1/4 turn left, Step R beside L, Step L to the side (6:00)

[S8] -&-Side Rock, Cross Shuffle, Back, 1/2L, Step-Pivot 1/2L

&1 2 Step R next to L, Rock L to the side, Replace weight on R
3&4 Cross L over L, Step R close to L, Cross L over R
5 6 Push/step back on R, Make a 1/2 turn left stepping forward on L (12:00)
7 8 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)

Restart on Wall 1 count 40 (12:00), Wall 2 count 48*** (6:00) and Wall 3 count 40** (6:00)**

Ending suggestion: The last wall starts facing 12:00, dance up to count 3.

(updated: 27/Apr/22)
