

Rackin Horse

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jeanie Kotlik (USA) - July 2022
音樂: Rackin Horse - Nitty Gritty GR



Begin dance after 16 counts on the word "ride" - no tags or restarts

TAP R HEEL FWD DIAG RIGHT, HITCH R LEG, WITH HEEL OVER L KNEE, TRIPLE STEP IN PLACE R,L,R, LEFT KICK BALL CHANGE, HEEL SWIVEL RIGHT 1\8 TURN LEFT, HEEL SWIVEL RIGHT 1\8 TURN LEFT

1-2 Tap R heel to front right diag, hitch R ankle in front of L knee
3&4 Triple step in place, R,L,R
5&6 Kickball change on left
7-8 Swivel heels 2X to the right for a 1\4 turn left

Styling Bump hips to the right on heel swivels

TRIPLE STEP FWD R,L,R, TURN 1\4 LEFT, TRIPLE STEP FWD L,R,L, STEP PIVOT ON RF 1\2 TURN LEFT, TRIPLE STEP FWD R,L,R

1&2 3&4 Triple fwd R,L,R, turn 1\4 left, triple fwd L,R,L
5-6 7&8 Step pivot on RF 1\2 left, triple fwd R,L,R

Styling Lasso arms and hand on hip counts 1&2 3&4

DIG L HEEL, TURN 1\4 LEFT, RECOVER ON RF, LEFT COASTER STEP, STEP FWD ON RF, HITCH L KNEE, STEP FWD ON LF, HITCH R KNEE, CLAP ON HITCHES

1-2 Dig L heel , pivot 1\4 left, recover on RF
3&4 Step back on LF, step RF beside, step LF fwd
5-6 Step fwd on RF, hitch L knee and clap
7-8 Step fwd on LF, hitch R knee and clap

2 HIP ROLLS TURNING 1\2 LEFT, JUMP FWD RF,LF, HOLD, JUMP FWD RF,LF, JUMP FWD RF,LF

1-2 Step fwd on RF, roll hips 1\4 turn left, recvr on LF
3-4 Step fwd on RF, roll hips 1\4 turn left, recvr on LF
&5-6 Jump fwd RF, step LF beside RF, HOLD
&7 Jump fwd RF, step LF beside RF
&8 Jump fwd RF, step LF beside RF

Styling Slap booty on HOLD (COUNT 6) Grab the reins on counts &7&8