

Sally Rides Again

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Elaine Richard (CAN) & Lorraine Millburn (CAN) - July 2022
音樂: Mustang Sally - Wilson Pickett



#16 count intro (dance starts a couple beats before the lyrics)

SECTION 1: STEP SLIDES, DIAGONAL SHUFFLE STEPS

1,2 3&4 RF slide forward, touch with LF, shuffle diagonally right (r,l,r)
5,6 7&8 LF slide forward, touch with RF, shuffle diagonally left (l,r,l)

SECTION 2: ¼ PIVOT TURN, SAILOR STEPS, ¼ PIVOT TURN

1,2 3&4 RF forward, ¼ pivot left, recover on LF, swing RF behind L, step LF side, step RF together beside LF
5&6 7,8 Swing LF behind R, step RF side, step LF beside R, RF forward, ¼ turn pivot left recover on L

SECTION 3: DIAGONAL ROCK, RECOVER, SHUFFLE STEPS

1,2 3&4 RF cross diagonal over left, recover on left, shuffle right (r,l,r)
5,6 7&8 LF cross diagonal over right, recover on right, shuffle left (l,r,l)

SECTION 4: TWO PADDLE TURNS, STEP TOUCHES

1,2,3,4 RF step forward 1/8 turn left, RF step forward 1/8 turn left
5,6,7,8 RF step right, LF touch, LF step left, RF touch (snap fingers)

FOR THE ENDING: the last 8 counts, paddle to 12 o'clock, step RF to R side, touch L and snap fingers on the last count.

REPEAT

ENJOY ☺