

Sleigh Ride (乘坐雪橇)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: High Beginner
編舞者: Bao-Chin Chu (TW) - November 2022
音樂: Sleigh Ride - IPIS (蟑螂) & Mavis Fan (范曉萱)



Intro: 8 Counts, Start at approx 16 secs
Sequence: AA, BB, AA, BB, AA, BB, AA- (8 Counts)

Part A: 16c

SEC 1: Cross Rock Recover side, Cross Rock Recover side, ½ Pivot, Back Lock ½

1&2 Cross R over L rock, Recover weight onto L, Step R to R side
3&4 Cross L over R rock, Recover weight onto R, Step L to L side (12:00)
5-6 Step R forward, Pivot 1/2 L turn weight onto L (6:00)
7&8 1/4 L Turn step R to R side, Cross L over R, 1/4 L Turn L back step (12:00)

SEC 2: Coaster Step, Kick Ball Step, Side Mambo Together, Side Mambo Together

1&2 Step L back , Step R beside L, Step L forward
3&4 Kick R forward, Step R beside L ,Step L forward
5&6 Rock R to R, Recover onto L, Step R beside L
7&8 Rock L to L, Recover onto R, Step L beside R (12:00)

Part B: 16c

SEC 1: Step, Flick, Back, Hook, Back, Hook, Step, Triple Step, Triple Step

1& Step R forward, Flick L behind R
2& Step L back, Hook R over L
3&4 Step R diagonal back, Hook L over R, Step L forward
5&6 Step R diagonal triple step
7&8 Step L diagonal triple step

SEC 2: Cross Rock Recover, Sailor 1/4 , Cross Rock Recover, Sailor 1/4

1-2 Cross R over L rock, Recover weight onto L
3&4 Step R behind L, 1/4 R Turn step L to L, Step R to R (3:00)
5-6 Cross L over R rock, Recover weight onto R
7-8 Step L behind R, 1/4 L Turn step R to R, Step L forward (12:00)

Repeat.

Enjoy and happy Dancing...

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