

Ghost Ride It

拍數: 32 牆數: 4 級數: Improver
編舞者: Christopher Gonzalez (USA) - September 2019
音樂: Ghost Ride It - Mistah F.A.B.
或: Dancin' Boots - The Tuten Brothers



[1-8] Cross Rock and Sit and Sit and Sit, Pimp Walk x2 12:00

- 1&2& Rock R across L (1), recover L (&), step R back toward R diagonal and "sit" into R hip popping L knee forward with R shoulder down and L shoulder up (2) shift weight L and straighten L knee with shoulders relaxed (&) 12:00
- 3&4& Repeat counts "2&" twice (3&) (4&) 12:00
- 5, 6 Step R across L toward L diagonal and bend knees slightly (5), step L forward toward L diagonal (6) 12:00
- 7, 8 Step R across L toward L diagonal and bend knees slightly (7), step L forward toward L diagonal (8) 12:00

[9-16] Slide Back, Touch, Slide Back, Touch, Rolling Vine R, Side Hops 12:00

- 1, 2 (Big) step R back toward R diagonal sliding L toward R (1), touch L together (2) 12:00
- 3, 4 (Big) step L back toward L diagonal sliding R toward L (1), touch R together (2) 12:00
- 5, 6 Turn 1/4 R and step R forward (5), turn 1/2 R and step L back (6), 12:00
- 7&8 Turn 1/4 R and step R to side (7), hop both feet R (&), hop both feet R (weight ends R) (8) 12:00

[17-24] Side Touch Out-In-Out, Grapevine L (w/ 1/4 Turn L), Kick and Rock and Kick-Ball-Cross 9:00

- 1&2 Touch/point L out to side (1), touch L together (&), touch/point L out to side (2) 12:00
- 3&4 Step L in place (3), step R behind L (&), turn 1/4 L and step L forward (4) 9:00
- 5&6& Kick R forward (5), step R in place (&), rock L behind R (6), recover R (&) 9:00
- 7&8 Kick L toward L diagonal (7), step L in place (&), step R across L (8) 9:00

[25-32] Side Rock and Cross, Side Triple, 1/4 Turn L w/ Side Step, 1/4 Turn L w/ Side Step, 1/2 Turn L w/ Side Triple 9:00

- 1&2 Rock L to side (1), recover R (&), step L across R (2) 9:00
- 3&4 Step R to side (3), close L together (&), step R to side (4) 9:00
- 5, 6 Turn 1/4 L and step L to side (5), turn 1/4 L and step R to side (6) 3:00
- 7&8 Turn 1/2 L and step L to side (7), close R together (&), step L to side (8) 9:00
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