

Back in the Saddle EZ

拍數: 32 牆數: 4 級數: Improver
編舞者: James Hart (USA) - August 2023
音樂: Back In The Saddle - Velvet Rodeo



Weight starts on LF

TOE HEEL STOMPS, STEPS BACK, HOP TOGETHER CLAP

1&2 Right toe heel stomp
3&4 Left Toe heel stomp
5 Step back on RF
6 Step back on LF
7&8& Hop back on RF while tapping left heel diagonally forward, bring feet back to initial position (weight on LF), stamp on RF (weight stays on LF), clap

DIAGONAL LOCK STEPS, STEP 1/4 TURN, STEP 1/2 TURN

1&2 Step RF diagonally forward right, lock step LF behind RF, step RF diagonally forward right, scuff LF forward
3&4 Step LF diagonally forward to left, lock step RF behind LF, step LF diagonally forward left, scuff RF forward
5-6 Step RF forward, turn 1/4 turn to left with weight to LF (CCW), rolling hips as you turn
7-8 Step RF forward, turn 1/2 turn to left with weight to LF (CCW), rolling hips as you turn

***** WALL 3 RESTART HERE

VINE RIGHT AND LEFT, STRUT STEPS FORWARD

1&2& Step RF to right side, step LF behind RF, step RF to right side, kick LF diagonally forward left
3&4& Step LF to left side, step RF behind LF, step LF to left side, scuff RF forward
5-8 Heel-toe strut steps forward (with attitude) right heel-toe, left heel-toe, right heel-toe, left heel-toe

DIAGONAL ROCKING CHAIR IN PLACE, STEPS, HIP BUMPS

1&2& Rock diagonally forward right on RF, weight back to LF, rock diagonally forward on RF, hold
Optional: scuff LF forward in place of hold
3&4& Rock diagonally forward on LF, weight back to RF, diagonally rock forward on LF, hold
Optional: scuff RF forward in place of hold
5-6 Step RF in place, step LF to left side (feet ending shoulder width apart)
7-8 Bump hips right, left

START OVER

There are a few tags and one restart due to the phrasing of the music.

End of Wall 1: 2 count tag

During Wall 3: Restart after count 16

End of Wall 4: 4 count tag

End of Wall 7: 2 count tag

The 2 count tags are bump hips right-left, a repeat of the last two counts of the dance.

The 4 count tag is bump hips right-left-right-left, a repeat of the last two counts of the dance twice.

Enjoy the dance and enjoy the music of Velvet Rodeo!