

Eight Second Ride

拍數: 32 牆數: 4 級數: Improver
編舞者: Lesley Stewart (SCO) & Kirsteen Currie (UK) - June 2024
音樂: Eight Second Ride - Jake Owen



Intro: 16 counts from heavy beat

****Restart: On wall 3 dance up to count 14 (rock back, rec, side) and restart the dance.**

Tag: At the end of wall 5 add

1-2 Rock forward on right, Recover on left

And restart the dance.

Syncopated rocks R & L, behind, 1/4 turn, step, kick ball change

1-2& Rock right out to right side (1), recover on left (2), step right next to left (&)

3-4 Rock left out to left side (3), recover on right (4)

5&6 Cross left behind right (5), 1/4 turn right stepping forward right (&), step forward left (6)

7&8 Kick right foot forward (7), step right next to left (&), step left forward (8)

Heel switches R&L, touch out, touch in, step side, rock back, rec, step, sailor 1/4 turn

1&2& Touch right heel forward (1), bring back in place (&), touch left heel forward (2), bring back in place (&)

3&4 Touch right to side (3), touch right next to left (&), step right to right side (4)

5&6 Rock back on left (5), recover on right (&), step left to left side (6) **

7&8 Step right behind left (7), 1/4 turn right stepping left to left side (&), step right next to left (8)

Left lock, right lock, step 1/4 turn, cross shuffle

1-2& Step forward left (1), lock right behind left (2), step forward left (&)

3-4& Step forward right (3), lock left behind right (4), step forward right (&)

5-6 Step forward left (5), 1/4 turn right (6)

7&8 Cross step left over right (7), step right to right side (&), cross step left over right (8)

1/4 turn, 1/2 turn, shuffle forward, rock forward, rec, sailor 1/4 turn

1-2 1/4 turn left stepping back on right (1), 1/2 turn left stepping forward on left (2)

3&4 Step forward right (3), step left next to right (&), step forward right (4)

5-6 Rock forward on left (5), recover on right (6)

7&8 Step left behind right (7), 1/4 turn left stepping right to right side (&), step left next to right (8)