

Ride On (chair dance)

拍數: 48 牆數: 1 級數: Chair Dance
編舞者: Laura Sway (UK) & Jennifer Jones (USA) - September 2024
音樂: Ride with Me - The Mavericks



SECTION 1: ALTERNATING HEEL RAISES WITH HOLDS & DOUBLE SHOULDER BUMPS X2, SWING RIGHT ARM AND RIGHT LEG TO THE RIGHT AND BACK TO CENTER, X2

1, 2 Raise L heel, dropping R shoulder (1); Hold, dropping R should again (2)
3, 4 Raise R heel, dropping L shoulder (3); Hold, dropping L shoulder again (4)
5, 6 R leg turn Right, R arm open to right (5), R leg back to center, R arm back to center (6)
7, 8 R leg turn Right, R arm open to right (7), R leg back to center, R arm back to center (8)

SECTION 2: ALTERNATING HEEL RAISES WITH HOLDS & DOUBLE SHOULDER BUMPS (X2), SWING LEFT ARM AND LEFT LEG TO THE LEFT AND BACK TO CENTER, (X2)

1, 2 Raise L heel dropping R shoulder (1); Hold dropping R should again (2)
3, 4 Raise R heel dropping L shoulder (3); Hold dropping L shoulder again (4)
5, 6 L leg turn Left, L arm open to left (5), L leg back to center, L arm back to center (6)
7, 8 L leg turn Left, L arm open to left (7), L leg back to center, L arm back to center (8)

SECTION 3: SIDE TOUCH, SIDE TOUCH, SWAY ARMS RIGHT, CLAP, SWAY ARMS TO LEFT, CLAP (X2)

1,2 Step R to right, sway arms to right (1), touch L next to R, clap (2)
3,4 Step L to left, sway arms to the left (3), touch R next to L, clap (4)
5,6 Step R to right, sway arms to the right (5), touch L next to R, clap (6)
7,8 Step L to left, sway arms to the left (7), touch R next to L, clap (8)

SECTION 4: MARCH/CLAP, RAISE ARMS UP & DOWN

1, 2 Step R, Raise L arm up & drop R arm (1), Step L, Raise R arm up & drop L arm (2)
3, 4 Step L, Raise R arm up & drop L arm (3), Clap (4)
5, 6 Step L, Raise R arm up & drop L arm (5), Step R, Raise L arm up & drop R arm (6)
7, 8 Step R, Raise L arm up & drop R arm (7), Clap (8)

SECTION 5: SWING RIGHT ARM AND RIGHT LEG TO THE RIGHT AND BACK TO CENTER, SWING LEFT ARM AND LEFT LEG TO THE LEFT AND BACK TO CENTER, (X2) "OPEN & CLOSE DOOR"

1, 2 R leg turn Right, R arm open to right (5), R leg back to center, R arm back to center (6)
3, 4 L leg turn Left, L arm open to Left (7), L leg back to center, L arm back to center (8)
5, 6 R leg turn Right, R arm open to right (5), R leg back to center, R arm back to center (6)
7, 8 L leg turn Left, L arm open to Left (7), L leg back to center, L arm back to center (8)

SECTION 6: REACH HANDS LEFT FORWARD AND SWING AROUND FORWARD TO RIGHT ½ circle, TWIST BODY, L,R,L,R "WASH THE TABLE AND RING IT OUT"

1,2,3,4 Arms reach forward to the left then swing around forward to the right ½ circle
5,6,7,8 Twist body, L,R,L,R

Thank you, Laura, for blessing this modification of your dance "Ride On" my classes love it!
This chair dance was created so those that are unable to stand can still dance. We must always remember,
Though our bodies are ageing and not always in working condition, our minds are still young and yearning for
more. Love, be patient, kindness goes a long way. Happy dancing however it looks. :)

This step sheet cannot be altered without written permission.

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