Let It Ride

拍數: 48

級數: Phrased Easy Intermediate

編舞者: Hana Ries (USA) - October 2024 音樂: LET IT RIDE - Niko Moon

Intro 16 counts. Start dancing on lyrics Sequence: A, B, B, Tag, A, B, B, B, A, B, B, B

(Read: R=right foot, L=left foot)

PART A (due to song phrasing, only facing 12:00 and 3:00)

POINTS TO SIDES, POINT-FLICK-POINT, HIP BUMP ROLL, STEP TOUCHES (12:00→12:00)

- 1&2& Point R to right, Step R next to L, Point L to left, Step L together
- 3&4 Point R to right, Flick R behind L, Point R to right
- 5&6& Bump hips from left to right shifting weight from L to R

(Option: roll hips counterclockwise without bumping)

7&8& Step L to left, Touch R next to L, Step R to right, Touch L next to R

(Option: Snap or clap on "&" counts))

MODIFIED VINE, CROSS ROCK/RECOVER, CHASSE, MODIFIED JAZZ BOX (12:00→9:00)

- 1-2& Step L to left, Step R behind L, Step L to left
- 3-4 Cross rock R over L, Recover to L
- 5&6 Step R to right, Step L next to R, Step R to right
- 7&8 Cross L over R, Step R to right turning 1/4 left, Step L slightly forward

STEP-TOUCH-STEP-HOOK, STEP-LOCK-STEP, STEP-TOUCH-STEP-HOOK, STEP-LOCK-STEP (9:00→9:00)

- 1&2& Step R forward, Touch L right behind R, Step L back, Hook R over L
- 3&4 Step R forward, Lock L behind R, Step R forward
- Step L forward, Touch R right behind L, Step R back, Hook L over R 5&6&
- 7&8 Step L forward, Lock R behind L, Step L forward

KICK-STEP-POINT, KICK-STEP-POINT, KICK-STEP, KICK-STEP, KICK-BALL-STOMP (9:00→9:00)

- Kick R forward, Step R next to L, Point L to left 1&2
- 3&4 Kick L forward, Step L next to R, Point R to right
- 5&6& Low kick R forward, Step R next to L, Low kick L forward, Step L next to R
- 7&8 Kick R forward, Step on ball of R next to L, Stomp L next to R

(Option for the first 4 counts)

- 1&2& Kick R forward, Step R next to L, Rock L to left, Recover to R
- 3&4& Kick L forward, Step L next to R, Rock R to right, Recover to L

PART B

ROCK SIDE/RECOVER, SWITCH, ROCK SIDE/RECOVER, SWITCH, CHASSE, TURN 1/4 LEFT, CHASSE	
1-2&	Rock R out to right side (=big step to the right side), Recover to L, Step ball of R next to L
3-4&	Rock L out to left side (=big step to the left side), Recover to R, Step ball of L next to R
5&6	Step R to right, Step L next to R, Step R to right
7&8	Turn ¼ left and step L to left, Step R next to L, Step L to left

CROSS ROCKING CHAIR, CROSS ROCK/RECOVER, STEP SIDE, CROSS ROCKING CHAIR, CROSSING SHUFFLE

- Cross rock R over L, Recover to L, Rock R back, Recover to L 1&2&
- 3&4 Cross rock R over L, Recover to L, Step R to right
- 5&6& Cross rock L over R, Recover to R, Rock L back, Recover to R





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ENDING

You will finish the dance facing 3:00. Turn ¼ left stepping R slightly back, and strike a pose. ©