

Ryan's Beat

拍數: 64 牆數: 4 級數: Improver
編舞者: Diana Dawson (UK) - January 2025
音樂: Beat In The Heat - Derek Ryan : (Album: Long Shot Love)



Section 1 Step, Pivot Half Turn, Step x2

- 1-2 Step forward on Right. Pivot half turn Left (weight onto Left) [6 o'clock]
- 3-4 Step forward on Right. Hold/Clap
- 5-6 Step forward on Left. Pivot half turn Right (weight onto Right) [12 o'clock]
- 7-8 Step forward on Left. Hold/Clap

Section 2 Vine Right, Cross, Rock & Cross

- 1-2 Step Right to Right side. Step Left behind Right.
- 3-4 Step Right to Right side. Cross step Left over Right
- 5-6 Rock Right out to Right side. Recover onto Left.
- 7-8 Cross step Right over Left. Hold

Section 3 Vine Left, Cross, Rock & Cross

- 1-2 Step Left to Left side. Step Right behind Left
- 3-4 Step Left to Left side. Cross step Right over Left
- 5-6 Rock Left out to Left side. Recover onto Right.
- 7-8 Cross step Left over Right. Hold

Section 4 Mambo Half turn, Step, Quarter turn, Cross

- 1-2 Rock forward on Right. Recover onto Left.
- 3-4 Half turn Right stepping onto Right. Hold [6 o'clock]
- 5-6 Step forward on Left. Pivot Quarter turn Right (weight onto Right)
- 7-8 Cross Left over Right. Hold [9 o'clock]

Section 5 Side Touches Right & Left, Rolling Vine Right, Touch

- 1-2 Step Right to Right Side. Touch Left beside Right.
 - 3-4 Step Left to Left side. Touch Right beside Left
 - 5 Quarter turn Right stepping forward on Right [12 o'clock]
 - 6 Half turn Right stepping back on Left [6 o'clock]
 - 7-8 Quarter turn Right stepping Right to Right side. Touch Left beside Right [9 o'clock]
- (easy option steps 5-8 Grapevine Right, Touch – no turns) [9 o'clock]**

Section 6 Side Touches Left & Right, Rolling vine Left, Scuff

- 1-2 Step Left to Left side. Touch Right Beside Left.
 - 3-4 Step Right to Right side. Touch Left beside Right
 - 5 Quarter turn Left stepping forward on Left. [6 o'clock]
 - 6 Half turn Left stepping back on Right [12 o'clock]
 - 7-8 Quarter turn Left stepping Left to Left side. Scuff Right forward [9 o'clock]
- (easy option steps 5-8 Grapevine Left, Scuff – no turns) [9 o'clock]**

Section 7 Vaudevilles

- 1-2 Cross Right over Left. Step Left to Left side
- 3-4 Tap Right heel forward to Right diagonal. Step Right beside Left
- 5-6 Cross Left over Right. Step Right to Right side
- 7-8 Tap Left heel forward to Left diagonal. Step Left Beside Right

Section 8 Mambo Forward, Coaster step

1-2 Rock forward on Right. Recover onto Left
3-4 Step Right beside Left. Hold
5-6 Step back on Left. Step Right beside Left
7-8 Step forward on Left. Hold

Start again

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