

# Le Doux It

拍數: 64      牆數: 4      級數: Improver  
編舞者: "Calamity" Jane Newhard (USA)  
音樂: Good Ride Cowboy - Garth Brooks



## HEEL, CROSS, SHUFFLE-RIGHT AND LEFT

1-2      Touch right heel forward, cross heel over left shin  
3&4      Right shuffle forward stepping right, left, right  
5-6      Touch left heel forward, cross heel over right shin  
7&8      Left shuffle forward stepping left, right, left

## SHUFFLES TRAVELING RIGHT, ROCK BACK ON LEFT, RECOVER FORWARD ON RIGHT

1&2      Step right to right, step left beside right, step right to the right  
3&4      Cross step left over right, step right to right but left of left heel, step left right  
5&6      Step right to right, step left beside right, step right to the right  
7&8      Rock back on left, recover forward right

## SHUFFLE TO TRAVELING LEFT, ROCK BACK ON RIGHT, RECOVER FORWARD ON LEFT

1&2      Step left to left, step right beside left, step left to left  
3&4      Cross step right over left, step left to left, but right of right heel, step left to the left  
5&6      Step left to left, step right beside left, step left to left  
7&8      Rock back on right, recover forward on left

## SHUFFLE ½ LEFT, SHUFFLE BACK, ROCK BACK, RECOVER FORWARD, SHUFFLE FORWARD

1&2      Make ½ left turn stepping right, left right  
3&4      Shuffle back stepping left, right, left  
5-6      Rock back on right, recover forward on left (as you rock back, bend forward at the waist and kick left forward. On the recover forward, straighten upright)  
7&8      Shuffle forward stepping, right, left, right

## SHUFFLE FORWARD, ½ LEFT TURN, ¼ LEFT TURN, STEP RIGHT, LEFT BESIDE RIGHT

1&2      Shuffle forward stepping left, right, left  
3-4      Step right forward, pivot ½ turn left  
5-6      Step right forward, pivot ¼ turn left  
7-8      Step on right, step left beside right

## TWIST TRAVELING RIGHT AND LEFT

1-2      Twist heels to right, twist toes to the right  
3-4      Twist heels to right, hold  
5-6      Twist heels to left, twist toes to the left  
7-8      Twist heels to left, hold

## ROLLING VINES RIGHT AND LEFT

1-2      Step right ¼ turn right, pivot on right ¼ turn right, step on left  
3-4      Pivot ½ turn on left, step on right, touch left beside right  
5-6      Step left ¼ turn left, pivot on left ¼ turn left, step on right  
7-8      Pivot ½ turn on right, step on left, touch right beside left

## SHUFFLE TO THE RIGHT, ROCK BACK, RECOVER, SHUFFLE TO THE LEFT, ROCK BACK, RECOVER FORWARD

1&2      Step right to right, step left beside right, step right to right  
3-4      Rock back on left, recover weight forward on right

5&6 Step left to left, step right beside left  
7-8 Rock back on left, recover weight forward on left

## REPEAT

## TAG

**When dancing to Good Ride Cowboy, there is one easy 16 count tag. Dance the dance twice. Facing 6:00, add toe heel strut forward with heel taps, toe, heel strut back with toe taps. Then start the dance again**

1-4 Step right toe forward, drop heel, step left toe forward, drop heel

5-8 Step right toe forward, drop heel, tap left heel forward twice

1-4 Step left toe back, drop heel, step right toe back, drop heel

5-8 Step left toe back, drop heel, touch right toe back twice

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