

Let 'er Rip

拍數: 120 牆數: 1 級數:
編舞者: Peter Metelnick (UK)
音樂: Let 'Er Rip - The Chicks



There is a slow vocal intro. You will hear a guy say "1-2-3" and then the ladies will kick in with the words "Let 'Er Rip". Start the dance the first time with count 2 (hip bump right) on the heavily accented beat right after these words.

Dance the full 120 counts through twice. Then dance counts 1-40. Repeat 25-40. Then do counts 1-4 three times. Cross right over left & unwind full turn left for a "big finish". It is much easier than it looks!

HOLD WITH ATTITUDE, BUMP HIPS RIGHT & LEFT, HOLD WITH ATTITUDE, REPEAT

- 1 Weight is on the left foot, feet are slightly apart, with right foot slightly forward. Stand there & do nothing (with attitude)
- 2-3 Bump hips to the right, bump hips to the left
- 4 Hold with attitude, weight is on left foot
- 5-8 Repeat 1-4

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 9&10 Step right foot forward, step left foot together, step right foot forward
- 11-12 Step left foot forward, pivot ½ right
- 13&14 Step left foot forward, step right foot together, step left foot forward
- 15-16 Step right foot forward, pivot ½ left (will now be facing front wall again, weight is on left foot)

4 FORWARD TOE STEPS

- 17-20 Touch right toe forward, step right foot down, touch left toe forward, step left foot down
- 21-24 Repeat 17-20 (option-add finger snaps on even counts)

RIGHT FORWARD ROCK & RECOVER, ¼ RIGHT AND RIGHT SIDE SHUFFLE, LEFT WEAVE ENDING WITH ¼ RIGHT

- 25-26 Step right foot forward and rock forward, recover weight on left foot
- 27&28 Pivot ¼ right on left foot and step right foot to right side, step left foot together, step right foot to right side (will now be facing right side wall)
- 29-32 Cross step left foot over right, step right foot to right side, cross step left foot behind right, step right foot to right side turning ¼ right (will now be facing back wall)

LEFT FORWARD ROCK & RECOVER, ¼ LEFT AND LEFT SIDE SHUFFLE, RIGHT WEAVE ENDING WITH ¼ LEFT & RIGHT HITCH

- 33-34 Step left foot forward and rock forward, recover weight on right foot
- 35&36 Pivot ¼ left on right foot and step left foot to left side, step right foot together, step left foot to left side (will now be facing right side wall)
- 37-40 Cross step right foot over left, step left foot to left side, cross step right foot behind left, step left to left side turning ¼ left & raise right knee up (will now be facing front wall)

HOLD WITH ATTITUDE, BUMP HIPS RIGHT & LEFT, HOLD WITH ATTITUDE, REPEAT

- 41 Hold with attitude
- 42-43 Step right foot slightly forward and bump hips right, shift weight to left foot and bump hips left
- 44 Hold with attitude, weight is on left foot
- 45-48 Repeat 41-44

RIGHT SIDE SHUFFLE, LEFT CROSS ROCK & RECOVER, LEFT SIDE SHUFFLE, RIGHT CROSS ROCK & RECOVER

- 49&50 Step right foot to right side, step left foot together, step right foot to right side
 51-52 Cross rock left foot over right, recover weight on right foot
 53&54 Step left foot to left side, step right foot together, step left foot to left side
 55-56 Cross rock right foot over left, recover weight on left foot

You can start to prep for the next turn (½ turn right) by starting to turn right on left foot while lifting right foot.

½ RIGHT & RIGHT FORWARD SHUFFLE, LEFT-RIGHT-LEFT SIDE TOUCHES & FORWARD CROSS STEPS

- 57&58 Turn ½ right on left foot & step right foot forward, step left foot together, step right foot forward
 59-64 Touch left foot to left side, cross step left foot over right, touch right foot to right side, cross step right foot over left, touch left foot to left side, cross step left foot over right

RIGHT KICK-STEP-STEP, TURN HEELS IN, TURN TOES IN, RIGHT HEEL & HOOK, MEXICAN HAT DANCE

- 65&66 Kick right foot forward, step right foot apart, step left foot apart (weight is on both feet)
 67-68 Turn both heels in, turn both toes in (shift weight to left foot)
 69-70 Touch right heel forward, hook right foot across left leg touching right toes down
 71&72& Touch right heel forward, step right foot together, touch left heel forward, step left foot together

MEXICAN HAT DANCE TWICE TURNING ½ RIGHT

- 73-80 Repeat counts 69-72& twice turning ½ right to end up facing front wall

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN

- 81&82 Step right foot forward, step left foot together, step right foot forward
 83-84 Step left foot forward, pivot ½ right
 85&86 Step left foot forward, step right foot together, step left foot forward
 87-88 Step right foot forward, pivot ½ left (will now be facing front wall)

REPEAT COUNTS 57-80

- 89-112 Repeat counts 57-80, omitting the ½ turn right at count 57

RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN, FORWARD 3, RIGHT HITCH

- 113&114 Step right foot forward, step left foot together, step right foot forward
 115-116 Step left foot forward, pivot ½ right (will now be facing front wall)
 117-120 Walk left, right, left forward, hitch right knee

REPEAT
