

M.C. Ride

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Michel Cabana (CAN)
音樂: Magic Carpet Ride - MDO



Sequence: AB, AB, AB, BB

This dance should be done with hip movements, so give this dance style and move those hips

PART A

SIDE, SAILOR SHUFFLE, TOGETHER, SIDE, SAILOR SHUFFLE, TOGETHER

1-2 Step right to the right, slide left behind right
&3-4 Step right beside left, step left to the left, step right beside left
5-6 Step left to the left, slide right behind left
&7-8 Step left beside right, step right to the right, step left beside right

SIDE, BEHIND & ¼ TURN RIGHT, FORWARD, PIVOT ¼ TURN RIGHT, CROSS SHUFFLE, SIDE, TOGETHER, CROSS

1-2 Step right to the right, cross left behind right
&3-4 Step right to the side making ¼ turn right, step forward on the left, pivot ¼ turn right (weight ends on right foot and now facing back wall)
5&6 Cross left over right, step right beside left, cross left over right
7&8 Step right to the side, step left beside right, cross right over left

SIDE, SAILOR SHUFFLE, TOGETHER, SIDE, SAILOR SHUFFLE, TOGETHER

1-2 Step left to the left, slide right behind left
&3-4 Step left to the left, step right to the right, step left beside right
5-6 Step right to the right, slide left behind right
&7-8 Step right to the right, step left to the left, step right beside left

SIDE, BEHIND & ¼ TURN LEFT, FORWARD, PIVOT ¼ TURN LEFT, CROSS SHUFFLE, SIDE, TOGETHER, CROSS

1-2 Step left to the left, cross right behind left
&3-4 Step left to the side making ¼ turn left, step forward on the right, pivot ¼ turn left (weight ends on left foot and now facing front wall)
5&6 Cross right over left, step left beside right, cross right over left
7&8 Step left to the side, step right beside left, cross left over right

SHUFFLE SIDE, CROSS ROCK & TOUCH & SHUFFLE SIDE WITH ¼ TURN LEFT, FORWARD, PIVOT ¾ TURN LEFT

1&2 Step right to the side, step left beside right, step right to the side
3&4& Cross left over right, recover weight on right, touch left toe beside right, hitch left knee up
5&6 Step left to the side, step right beside left, step left to the side making ¼ turn left
7-8 Step forward on the right, pivot ¾ turn left

SHUFFLE SIDE, CROSS ROCK & TOUCH & SIDE, BEHIND, TOUCH SIDE, PIVOT A FULL TURN LEFT

1&2 Step right to the side, step left beside right, step right to the side
3&4& Cross left over right, recover weight on right, touch left toe beside right, hitch left knee up
5-7 Step left to the side, cross right behind left, touch left toe to the side
8 Pivot a full turn left as you bring left beside right

PART B

ROCK SIDE & KICK, COASTER STEP, ROCK SIDE & KICK, COASTER STEP

1&2 Step right to the right, recover weight on the left, kick right toe forward
3&4 Step back on the right, step left beside right, step forward on the right
5&6 Step left to the left, recover weight on the right, kick left toe forward
7&8 Step back on the left, step right beside left, step forward on the left

MAMBO RIGHT, MAMBO LEFT, STEP RIGHT, CROSS ROCK, RECOVER WITH ¼ TURN LEFT

1&2 Step right to the right, recover weight on the left, step right beside left
3&4 Step left to the left, recover weight on the right, step left beside right
5-6 Step right to the side, cross left over right
7-8 Recover weight on the right, step left to the side making ¼ turn left

FORWARD LOCK STEP, FORWARD COASTER STEP, BACK LOCK STEP, COASTER STEP

1&2 Step forward on the right, lock left behind right, step forward on the right
3&4 Step forward on the left, step right beside left, step back on the left
5&6 Step back on the right, lock left in front of right, step back on the right
7&8 Step back on the left, step right beside left, step forward on the left

MAMBO RIGHT, MAMBO LEFT, KICK & TOUCH, ¼ TURN LEFT COASTER STEP, CROSS KICK

1&2 Step right to the right, recover weight on the left, step right beside left
3&4 Step left to the left, recover weight on the right, step left beside right
5&6 Kick right forward, step right beside left, touch left toe to the left
&7 As you pivot ¼ turn left, step back on the left, step right beside left
&8 Step forward on the left, kick right across left
