

On Yer Bike

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Maria Louise Gill (UK)
音樂: Get Over You - Sophie Ellis-Bextor



Sequence: ABA, C, ABA, C, BABA

PART A

ROCK FORWARD, RECOVER, COASTER STEP, SHUFFLE, KICK BALL CHANGE

1-2 Rock right foot forward, recover weight onto left foot
3&4 Step right foot back, step left foot beside right, step right foot forward
5&6 Step left foot forward, step right foot beside left, step left foot forward
7&8 Kick right foot forward, step right foot beside left, step left foot beside right

STEP POINT, STEP POINT, FULL TURN, CHASSE

1-2 Step right foot to right side, point left toe behind right foot
3-4 Step left foot to left side, point right toe behind left foot
5-6 Step right foot to right side as you ½ turn right, step left foot to left side as you ½ turn right
7&8 Step right foot to right side, step left foot beside right, step right foot to right side

ROCK FORWARD, RECOVER, COASTER STEP, SHUFFLE, KICK BALL CHANGE

1-2 Rock left foot forward, recover weight onto right foot
3&4 Step left foot back, step right foot beside left, step left foot forward
5&6 Step right foot forward, step left foot beside right, step right foot forward
7&8 Kick left foot forward, step left foot beside right, step right foot beside left

STEP POINT, STEP POINT, FULL TURN, CHASSE

1-2 Step left foot to left side, point right toe behind left foot
3-4 Step right foot to right side, point left toe behind right foot
5-6 Step left foot to left side as you ½ turn left, step right foot to right side as you ½ turn left
7&8 Step left foot to left side, step right foot beside left, step left foot to left side

PART B

HEEL GRIND WITH ¼ TURN, COASTER STEP, WALK, SHUFFLE

1-2 Grind right heel into the floor as you ¼ turn right, step left foot back
3&4 Step right foot back, step left foot beside right, step right foot forward
5-6 Step left foot forward, step right foot forward
7&8 Step left foot forward, step right foot beside left, step left foot forward

MAMBO FORWARD, MAMBO BACK, PIVOT TURN, PIVOT TURN TOUCH

1&2 Rock right foot forward, recover weight onto left foot, step right foot beside left
3&4 Rock left foot back, recover weight onto right foot, step left foot beside right
5-6 Step right foot forward, pivot ½ turn onto left foot
7&8 Step right foot forward, pivot ½ turn onto left foot, touch right toe beside left

SIDE ROCK, RECOVER, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR CROSS ¼ TURN

1-2 Rock right foot to right side, recover weight onto left foot
3&4 Step right foot behind left, step left foot to left side, step right foot in front of left
5-6 Rock left foot to left side, recover weight onto right foot
7&8 Step left foot behind right, step right foot to right side as you ¼ turn right, step left foot forward

PIVOT TURN, PIVOT TURN, FAN HEELS, FORWARD POINTS

- 1-2 Step right foot forward, pivot ½ turn onto left foot
- 3-4 Step right foot forward, pivot ½ turn onto left foot
- 5& Touch right toe next to instep of left (with heel facing out and knee facing in), step right foot beside left
- 6& Touch left toe next to instep of right (with heel facing out and knee facing in), step left foot beside right
- 7&8& Point right toe forward, step right foot beside left, point left toe forward, step left foot beside right

PART C

CROSS ROCK, RECOVER, SHUFFLE ½ TURN, LOCK STEP, LOCK SHUFFLE (TRAVELING DIAGONALLY LEFT)

- 1-2 Rock right foot across in front of left, recover weight onto left foot
- 3&4 Step right foot forward as you ½ turn right, step left foot beside right, step right foot forward
- 5-6 Step left foot forward, lock right foot behind left
- 7&8 Step left foot forward, lock right foot behind left, step left foot forward

Counts 3 to 8 travel diagonally left

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK & RECOVER X 3, STEP

- 1-2 Rock right foot across in front of left, recover weight onto left foot
 - 3&4 Step right foot to right side, step left foot beside right, step right foot to right side
 - 5& Rock left foot across in front of right, recover weight onto right foot
 - 6& Rock left foot back to left diagonal, recover weight onto right foot
 - 7&8 Rock left foot across in front of right, recover weight onto right foot, step left foot beside right
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