

# 1-4-U

拍數: 56      牆數: 2      級數: Intermediate  
編舞者: Cindy Truelove (AUS)  
音樂: Ghost Riders In The Sky - Australia's Tornadoes



## KICK, KICK, SHUFFLE, KICK-BALL-CHANGE, SYNCOPATED SIDE TOUCHES

- 1      Kick right forward
- 2      Kick right forward
- 3&4      Shuffle forward stepping right, left, right
- 5&6      Kick left forward, quickly step ball of left to left side, step on right in place
- &7      Quickly step left to center, point/touch right to right side
- &8      Quickly step right to center, point/touch left to left side

## ¼ TURN LEFT, SHUFFLE FORWARD, SCOOT AND HEEL TAPS, TURN ¼ RIGHT

- 9&10      Turn ¼ left and shuffle forward stepping left, right, left
- 11&12      Scuff right forward, lift right knee scooting forward on left, step forward on right (knees bent)
- 13-15      With knees bent and right hand on right thigh, tap right heel on floor 4 times
- 16      Lift right and turn ¼ right (facing front)

## RIGHT SIDE SHUFFLES WITH ROCK STEP & PIVOT TURNS

- 17&18      Step right to side, slide left beside right, step right to side
- 19&20      Step left back, rock forward on right in place
- 21      Step left forward
- 22      Turn ½ right (weight on right)
- 23      Step left forward
- 24      Turn ½ right (weight on right)

## LEFT SIDE SHUFFLES WITH ROCK STEP & PIVOT TURNS

- 25&26      Step left to side, slide right beside left, step left to side
- 27      Step right back
- 28      Rock forward on left in place
- 29      Step right forward
- 30      Turn ½ left (weight on left)
- 31      Step right forward
- 32      Turn ½ left (weight on left)

## ANGLED STEP-SLIDES RIGHT, PIVOT TURN

- 33&      Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 34&      Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 35&      Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 36      Step right forward at 45 degrees
- 37      Step left forward at 45 degrees right
- 38      Turn ½ right (weight on right)
- 39&40      Left shuffle forward stepping left, right, left (still at 45° angle)

## ROCK STEP FORWARD, THEN BACK

- 41      Rock forward on right
- 42      Rock on left in place
- 43      Rock back on right
- 44      Rock on left in place

**ANGLED STEP-SLIDES LEFT, PIVOT TURN**

- 45& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 46& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 47& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 48 Step left forward at 45 degrees
- 49 Step right forward at 45 degrees left
- 50 Turn  $\frac{1}{2}$  left (weight on left)
- 51&52 Right shuffle forward stepping right, left, right (still at 45 degrees)

 **$\frac{1}{8}$  PIVOT TURN RIGHT,  $\frac{1}{4}$  PIVOT TURN RIGHT**

- 53 Step left forward (into corner at 45 degrees)
- 54 Turn body  $\frac{1}{8}$  right to face side wall
- 55 Step left forward
- 56 Turn  $\frac{1}{4}$  right to face opposite wall from start

**REPEAT**

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