

# 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)

**1/8 PIVOT TURN RIGHT, 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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