Rambl'n Stroll (P)



拍數: 64 牆數: 0 級數: Partner

編舞者: Mike Repko (USA) 音樂: Dark Horse - Mila Mason



Position: Right Skaters Position (Hands: Left hands are held in front of the man at chest level. The man's right arm is crossed behind the lady's back Their right hands rest on the lady's right hip.)

STEP TOUCH WITH LEFT HEEL CROSS

1-2	Step right at 45 degrees with right, touch left toe beside right
3-4	Step left at 45 degrees with left, touch right toe beside left
5-6	Step right at 45 degrees with right, touch left toe beside right
7-8	Touch left heel forward at 45 degrees, then cross in front of right leg

REPEAT STEPS ABOVE STARTING WITH LEFT FOOT

9-10	Step left at 45 degree with left, touch right toe beside left
11-12	Step right at 45 degree with right, touch left toe beside right
13-14	Step left at 45 degree with left, touch right toe beside left

15-16 Touch right heel forward at 45 degrees, then cross in front of left leg

RIGHT STROLL PIVOT ½ TURN TO (RLOD) ¼ TURN TO (OLOD)

17	Step right forward at 45 degree
18	Step left cross lock behind right

19 Step forward on right

Bring left hands down to lady' left hip when making ½ turn, right hands stay on lady's right hip 20-21 Step forward on left, pivoting ½ turn right (facing RLOD), shifting weight to right

22 Step forward on left

"Reverse indian position" (lady in front of man with hands joined on lady's hips)

23 Step forward on right, turning 1/4 turn left to (face OLOD) man behind lady

24 Shifting weight to left

HIP BUMPS AND 1/4 TURN LEFT SHUFFLE TO FACE (LOD)

25-26	Shifting weight to right, bump hips to right twice
27-28	Shifting weight to left, bump hips to left twice
29-30	Shifting weight to right, bump hips to right twice

"Right skaters position",(keeping right hands on lady's right hip moving left hands back to mans front chest)

31&32 Making ¼ turn left facing (LOD) shuffle left right left

FORWARD STROLL STEP WALK WITH LEFT TOE TOUCH

33	Step forward on right
34	Step left behind right
35	Step forward on right
36	Step forward on left
37	Step right behind left
38	Step forward on left
39	Step forward on right
40	Touch left toe beside right

LEFT STROLL PIVOT ½ TURN TO (RLOD) ¼ TURN TO (ILOD)

41	Step forward on left at 45 degrees
42	Step right cross lock behind left.

43 Step forward on left

Drop right hands, raise left hands over mans head with man going under left arms

44-45 Step forward on right pivoting ½ turn left (facing RLOD), shifting weight to left

46 Step forward with right

"Reverse Indian position" (man in front of lady with hands joined on man's hips)

Step forward on left, turning 1/4 turn right to face (ILOD) lady behind man

48 Shifting weight to right

HIP BUMPS AND 1/4 TURN RIGHT SHUFFLE TO FACE (LOD)

49-50 Shifting weight to left, bump hips to left twice 51-52 Shifting weight to right, bump hips to right twice 53-54 Shifting weight to left, bump hips to left twice

"Right skaters position" (drop left hands, raise right hands over ladies head bringing them to her waist, pick up left hand in front.)

55&56 Making 1/4 turn right facing (LOD) shuffle right left right

FORWARD STROLL STEP WALK WITH RIGHT TOE TOUCH

Step forward on left 57 58 Step right behind left 59 Step forward on left 60 Step forward on right 61 Step left behind right 62 Step forward on right 63 Step forward on left

64 Touch right toe beside left

REPEAT