

Ride On

拍數: 60 牆數: 2 級數: Beginner
編舞者: Marthe Rasmussen (NOR)
音樂: Ride On Into The Sunset - Barry Upton & Wild At Heart



KICK, KICK, COASTER STEP, KICK, KICK, COASTER STE

1-2 Kick right forward, kick right to right side
3&4 Step right back, step left beside right, step right forward
5-8 Repeat counts 1-4, start with left foot

HIP BUMPS PADDLE TURN, ROCK, RECOVER, SHUFFLE ½ RIGHT

9 Step right forward and bump right hip
10-12 Bump right hip three more times completing ½ left paddle turn
13-14 Rock right forward, recover onto left foot
15&16 Shuffle right-left-right with ½ turn right

ROCK, RECOVER, SHUFFLE ½ LEFT, VINE RIGHT AND CLAP

17-18 Rock left forward, recover onto right foot
19&20 Shuffle left-right-left with ½ turn left
21-22 Step right to side, step left behind right
23-24 Step right to side, touch left next to right and clap

VINE LEFT WITH FULL TURN LEFT AND CLAP, KICK BALL CHANGE, KICK BALL CHANGE

25-26 Turn ¼ left step forward on left, turn ½ left step back on right
27-28 Turn ½ left step to the side on left, touch right next to left and clap
29&30 Right kick forward, step on ball of right foot in 3rd pos, step left foot in place
31&32 Right kick forward, step on ball of right foot in 3rd pos, step left foot in place

PIVOT ¼ LEFT, PIVOT ¼ LEFT, KICK BALL CHANGE, KICK BALL CHANGE

33-34 Step right forward, pivot ¼ left (weight on left)
35-36 Step right forward, pivot ¼ left (weight on left)
37&38 Right kick forward, step on ball of right foot in 3rd pos, step left foot in place
39&40 Right kick forward, step on ball of right foot in 3rd pos, step left foot in place

PIVOT ¼ LEFT, PIVOT ¼ LEFT, RIGHT SHUFFLE, LEFT SHUFFLE

41-42 Step right forward, pivot ¼ left (weight on left)
43-44 Step right forward, pivot ¼ left (weight on left)
45&46 Shuffle forward right-left-right
47&48 Shuffle forward left-right-left

ROCK, RECOVER, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK, ROCK BACK, RECOVER

49-50 Rock right forward, recover onto left foot
51&52 Shuffle back right-left-right
53&54 Shuffle back left-right-left
55-56 Rock right back, recover onto left foot

STEP, ½ TURN RIGHT, ½ TURN RIGHT WITH STOMP RIGHT, STOMP LEFT

57-58 Right step forward, ½ turn right and step back on left
59-60 ½ turn right and stomp right forward, stomp left next to right

REPEAT

