

# Ride This

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Carol Tavener (USA)  
音樂: Ghost Riders In The Sky - Australia's Tornadoes



## SHUFFLE FORWARD

1&2      Shuffle-step forward: right-left-right  
3&4      Shuffle-step forward: left-right-left  
5-8      Repeat steps 1-4

## SIDE SHUFFLES, ROCK STEPS

1&2      Shuffle to the right: stepping right-left-right  
3-4      Rock back on left foot, rock forward on right foot  
5&6      Shuffle to the left: stepping left-right-left  
7-8      Rock back on right foot, rock forward on left foot

## LEFT QUARTER TURNS

1      Step right foot forward  
2      Make ¼ turn to left, shifting weight to left foot  
3      Step right foot forward  
4      Make ¼ turn to left, shifting weight to left foot

## KICK BALL CHANGE, STOMP, CLAP

1      Kick right foot forward  
&2      Step back slightly on ball of right & replace weight forward to left  
3-4      Stomp right forward, hold and clap  
5-8      Reverse above 4 counts starting with left foot

## SIDE HIPS

1&2      Stepping to right side, double hips to right  
3&4      Stepping to left side, double hips to left

## CROSS RIGHT OVER WITH SNAPS

1      Step right over left touching on right toe while raising both hands to shoulder level  
2      Slap right heel down bringing hands down to hip level as you snap your fingers  
3      Step left toe to left side raising both hands to shoulder level  
4      Slap left heel down while bringing hands down to hip level as you snap your fingers  
5-8      Repeat above 4 steps

## LEFT QUARTER TURNS

1      Step right foot forward  
2      Make ¼ turn left shifting weight to left foot  
3      Step right foot forward  
4      Make ¼ turn to left shifting weight to left foot

## CROSS OVER WITH SNAPS

1-8      Repeat cross over snaps, counts 33-40 above

## STEP FORWARD, TURN, STOMPS

1-2      Step forward right, turn ¼ turn left  
3-4      Stomp right stomp left

REPEAT

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