

Ridin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Dave Ingram (CAN)
音樂: Riding Alone - Rednex



SIDE SHUFFLE (TRIPLE STEP), ROCK, STEP RIGHT & LEFT

1&2 Shuffle side right-left-right
3 Rock back on left behind right
4 Rock forward onto right
5&6 Shuffle side left-right-left
7 Rock back on right behind left
8 Rock forward into left

SHUFFLE, ½ TURN, SHUFFLE, ¼ TURN

9&10 Shuffle forward right-left-right
11 Step left foot forward
12 Pivot ½ turn right on left, while stepping forward on right
13&14 Shuffle forward left-right-left
15 Step right foot forward
16 Pivot ¼ turn left on right, while shifting weight to left

SHUFFLE, ½ TURN, SHUFFLE, ¼ TURN

17&18 Shuffle forward right-left-right
19 Step left foot forward
20 Pivot ½ turn right on left while stepping forward on right
21&22 Shuffle forward left-right-left
23 Step right foot forward
24 Pivot ¼ turn left on right, stomp left beside right

KICK TURN

25 Kick right foot forward while turning ¼ turn left on left
26 Kick right foot back
27 Stomp right
28 Stomp left
29 Step back with right foot
30 Hold
31 Swing left foot in left circular motion to unwind making ½ turn left shifting weight to left foot
32 Hold

REPEAT

Steps 25, 26 may be easier to perform as follows:

25 Kick right foot straight forward
26 Turn ¼ turn left on left while kicking right foot back