

Ridin'

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Bill Morgan (USA) & Regina Perkins
音樂: You Gotta Love That - Neal McCoy



MODIFIED RUNNING MAN (WITH "RIDING/REINS" ARM/HAND MOVEMENTS)

- &1 Scoot back on left foot while lifting right knee (hands/arms stretched forward), step right foot forward (hands/arms pulled back to chest)
- &2 Scoot back on right foot while lifting left knee (hands/arms stretched forward), step left foot forward (hands/arms pulled back to chest)
- &3 Scoot back on left foot while lifting right knee (hands/arms return to waist area), touch right toe to right side (look to right)
- &4 Scoot back on left foot while lifting right knee, step right foot forward
- &5 Scoot back on right foot while lifting left knee (hands/arms stretched forward), step left foot forward (hands/arms pulled back to chest)
- &6 Scoot back on left foot while lifting right knee (hands/arms stretched forward), step right foot forward (hands/arms pulled back to chest)
- &7 Scoot back on right foot while lifting left knee (hands/arms return to waist area), touch left toe to left side (look to left)
- &8 Scoot back on right foot while lifting left knee, step left foot forward

PADDLE TURN ½ LEFT (WITH STRUMMING GUITAR HAND MOVEMENTS)

- &1 Lift right knee across front of left knee, touch right toe 1/8 turn to left while bumping right hip (toe and hip bump diagonal right to 1:30)*
- &2 Lift right knee across front of left knee, touch right toe 1/8 turn to left while bumping right hip (toe and hip bump to 12:00)*
- &3 Lift right knee across front of left knee, touch right toe 1/8 turn to left while bumping right hip (toe and hip bump diagonal right to 10:30)*
- &4 Lift right knee across front of left knee, touch right toe 1/8 turn to left while bumping right hip (toe and hip bump diagonal right to 9:00 and now facing 6:00 wall)

Hand styling: on these counts the right hand will strum up and down as right knee moves up and down

SAILOR STEPS, TOUCH & TURN, MONTEREY TURN

- 1&2 Cross-step right foot behind left foot, step left foot to left side, step right foot to right side
- &3-4 Step left foot beside right foot, touch right toe to right side, slide right foot together while completing ½ turn right (weight ends on right foot)
- 5-6 Touch left foot to left side, step left foot beside right foot
- 7-8 Touch right foot to right side, slide right foot together while completing ½ turn right (weight ends on right foot)

TWO ½ PIVOT TURNS

- 1-2 Step left foot forward, pivot ½ to right on balls of both feet
- 3-4 Step left foot forward, pivot ½ to right on balls of both feet

STEP, KICK, HOP BACKWARDS, HIP THRUST, HITCHHIKER 'N HEELS

- 1-2 Step left foot forward, kick right foot forward
- &3-4 Hop backwards onto right foot, step left foot together while bending both knees (creating a crouched position), thrust hips forward and upwards
- 5 Swivel both heels left while bumping left hip left and doing a hitchhiker to right side with right thumb
- & Return heels to center and bring hand back down
- 6 Repeat count 5

- 7 Swivel both heels right while bumping right hip right and ding a hitchhiker to left side with left thumb
- & Return heels to center and bring hand back down
- 8 Repeat count 7

REPEAT

TAG

If using "You Gotta Love That" add this 12-count tag one time only after completing the second wall, then continue the dance from the beginning

- 1-8 Repeat the "running man" as written above
- 9-12 Repeat the paddle turn, but this time complete a full turn so as to end facing the starting wall
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