

Ridin' Solo

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Ridin' Solo - Adeja Benz



TOUCH-BALL-BACK, SWEEP-BALL-STEP, ¼ TURN-CROSS, CHASSE

- 1&2 Touch right toe forward, step right next to left, step back on left
3&4 Sweep right toe to behind left, step down on right, step forward on left
5-6 ¼ turn left on ball of left sweeping right toe around from back to across left, cross step right over left
7&8 Step left to left side, step right next to left, step left to left side

CROSS-½ UNWIND, CROSS-POINT, BEHIND-SIDE-CROSS, HEEL JACK

- 1-2 Cross right over left, unwind ½ turn left (weight on left)
3-4 Cross right over left, point left toe to left side
5&6 Cross left behind right, step right to right side, cross left over right
&7 Step slightly back on right, touch left heel to left diagonal
&8 Step left in place, cross step right over left

HIP BUMPS-& CROSS-¼ TURN, HIP BUMPS-&CROSS-POINT

- 1-2 Bump hips to left twice
&3-4 Step right slightly to right side, cross left over right, step back on right making ¼ turn left
5-6 Stepping left to left side bump hips to left twice
&7-8 Step right slightly to right side, cross left over right, point right toe to right side

CROSS-LIFT, & HEEL & STEP, SIT DOWN-GET UP ½ TURN, CHASSE ¼ TURN

- 1-2 Cross step right over left, lift left foot behind right knee
&3 Step down on left, touch right heel forward
&4 Step right to place, step forward on left
5-6 Sit down slightly bending knees, ½ turn right on balls of both feet straightening up body
7&8 ¼ turn right on ball of right stepping left to left side, step right next to left, step left to left side

REPEAT
