

Rip

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Bill Bader (CAN)
音樂: You Can Call Me Al - Paul Simon



You will find it is important to choose songs for Rip that are strictly phrased with 16 counts throughout. Odd phrasing really wrecks this dance.

DIAGONAL BACK, ROCK FORWARD, TRIPLE STEP (FRONT-BACK-FRONT): X4

- 1 Step right diagonally back to the right (toe to front), keep left heel down
- 2 Rock forward onto left
- 3 Step right directly in front of left
- &4 Rock back onto left, rock forward onto right
- 5 Step left diagonally back to the left (toe to front), keep right heel down
- 6 Rock forward onto right
- 7 Step left directly in front of right
- &8 Rock back onto right, rock forward onto left

DIAGONAL BACK, ROCK FORWARD, TRIPLE STEP (FRONT-BACK-FRONT): X4

- 9 Step right diagonally back to the right (toe to front), keep left heel down
- 10 Rock forward onto left
- 11 Step right directly in front of left
- &12 Rock back onto left, rock forward onto right
- 13 Step left diagonally back to the left (toe to front), keep right heel down
- 14 Rock forward onto right
- 15 Step left directly in front of right
- &16 Rock back onto right, rock forward onto left

SCOOT-SIDE, SLIDE, STOMP, STOMP: X4

- & Raise right knee straight up
- 17 Big sidestep right
- 18 Slide left next to right
- 19-20 Stomp (up) left twice
- & Raise left knee straight up
- 21 Big sidestep left
- 22 Slide right next to left
- 23-24 Stomp (up) right twice
- &25-32 Repeat &17-24

4 CHA-CHA'S (NO TURN, ¼ TURN RIGHT, ½ TURN LEFT, ¾ TURN RIGHT)

Please note that the turns are progressive: 0, ¼, ½, ¾ and they alternate direction: 0, right, left, right

- 33 Step right forward
- 34 Rock back onto left
- 35&36 Triple step moving slightly back: right-left-right (no turn)
- 37 Step left back
- 38 Rock forward onto right
- 39&40 Triple step turning ¼ to the right: left-right-left
- 41 Step right back
- 42 Rock forward onto left
- 43&44 Triple step turning ½ to the left: right-left-right
- 45 Step left back

46 Rock forward onto right
47&48 Triple step turning $\frac{3}{4}$ to the right: left-right-left

REPEAT
