

Rip It!

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Let 'Er Rip - The Chicks



Sequence: ABB ABB A

PART A

KICK, ½ TURN, STOMP, STEP, HEEL TOUCH, STOMP

1-2 Kick right forward, on left pivot ½ turn left while kicking right back
3-4 Stomp right in place, hold
5&6 Step back on left, touch right heel forward, step down on right
7-8 Stomp left in place, hold

SAILORS, HEEL SWITCHES, HOOK

9&10 Step right behind left, step left to left, step right together
11&12 Step left behind right, step right to right, step left together
13&14 Touch right heel forward, step right in place, touch left heel forward
&15-16 Step left in place, touch right heel forward, hook right across left

SIDE-STEPS RIGHT AND LEFT

17-18 Step right to right, step left together (angle body to 2:00)
19-20 Step right to right, touch left together (angle body to 2:00)
21-22 Step left to left, step right together (angle body to 10:00)
23-24 Step left to left, touch right together (angle body to 10:00)

SHUFFLES FORWARD, ½ TURN, SHUFFLES FORWARD

25&26 Shuffle forward on right, left, right
27&28 Shuffle forward on left, right, left
29&30 Make ½ turn right then shuffle forward on right, left, right
31&32 Shuffle forward on left, right, left

SIDE-STEPS RIGHT AND LEFT

33-40 Repeat steps 17-24

KICK, ½ TURN, STOMP, STEP, HEEL TOUCH, STOMP, SAILORS, HEEL SWITCHES, HOOK

41-56 Repeat steps 1-16

PART B

RIGHT VINE WITH HEEL TOUCH, LEFT VINE WITH HEEL TOUCH

1-2 Step right to right, step left behind right
3-4 Step right to right, touch left heel across right
5-6 Step left to left, step right behind left
7-8 Step left to left, touch right heel across left

STEP RIGHT, LEFT SLIDE, ¼ TURN RIGHT, SHUFFLE, ROCK, COASTER

9-10 Large step right to right, slide left together
11&12 Make ¼ turn right then shuffle forward on right, left, right
13-14 Step left forward, rock weight back onto right
15&16 Step left back, step right beside left, step left forward

ROCK, SHUFFLE TURN, ROCK, SHUFFLE TURN

17-18 Rock forward on right, rock weight back onto left
19&20 Shuffle right, left, right while making a ½ turn right
21-22 Rock forward on left, rock weight back onto right
23&24 Shuffle left, right, left while making a ½ turn left

STEP RIGHT, LEFT SLIDE, SCISSOR STEP, ¼ TURN RIGHT, COASTER

25-26 Large step right to right, slide left together
27&28 Step right to right, step left together, step right across left
29-30 Step left to left, make ¼ turn right while stepping back on right
31&32 Step back on left, step right beside left, step left forward

At the end of the dance (i.e. - immediately after you have danced the ABBABBA sequence) repeat Part A, Steps 1-8 twice
