

Saddle Up

拍數: 48 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Ghost Riders In The Sky - Australia's Tornadoes



DIAGONAL SHUFFLE, HOE DOWN ("HILLBILLY HEELS")

- 1&2 On a right diagonal shuffle forward right/left/right: step right foot forward, step left foot together, step right foot forward
- 3&4 Tap left heel forward, lift left heel up, tap left heel forward (like a hillbilly at a hoe down!)
- 5&6 On a left diagonal shuffle forward left/right/left: step left foot forward, step right foot together, step left foot forward
- 7&8 Tap right heel forward, lift right heel up, tap right heel forward (like a hillbilly at a hoe down!)

STEP BACK, HITCH 'N SLAP

- 1-2 Step right foot back, hitch left knee up (optional hop on right foot) and slap it with right hand
- 3-4 Step left foot back, hitch right knee up (optional hop on left foot) and slap it with left hand
- 5-6 Step right foot back, hitch left knee up (optional hop on right foot) and slap it with right hand
- 7-8 Step left foot back, hitch right knee up (optional hop on left foot) and slap it with left hand

SIDE SHUFFLE RIGHT, LEFT FORWARD & SIDE TAPS, SIDE SHUFFLE LEFT, RIGHT FORWARD TAP, RIGHT SIDE TAP TURNING ¼ RIGHT

- 1&2 Side shuffle right: step right foot to right side, step left foot together, step right foot to right
- 3&4 Tap left heel forward, raise left heel, tap left heel to left side
- 5&6 Side shuffle left: step left foot to left side, step right foot together, step left foot to left
- 7&8 Tap right heel forward, raise right heel, tap right heel turning to the right ¼

FORWARD SHUFFLE, FORWARD & BACK SCUFF, LEFT BACK, ½ LEFT, RIGHT FORWARD, ½ LEFT

- 1&2 Shuffle forward right/left/right: step right foot forward, step left foot together, step right foot forward
- 3-4 Scuff left foot forward, scuff left foot back
- 5-6 Touch left toe back, ½ pivot turn left stepping down on left foot (weight ends on left foot)
- 7-8 Step right foot forward, ½ pivot turn left (weight ends on left foot)

FUNKY VINES RIGHT & LEFT

- 1-2 Step right foot to right side, cross left foot behind right and step
- &3-4 Step right foot to right side, step left foot to left side, slide/step right foot together & clap (weight ends on right foot)
- 5-6 Step left foot to left side, cross right foot behind left and step
- &7-8 Step left foot to left side, step right foot to right side, slide/step left foot together & clap (weight ends on left foot)

KICKIN' UP DUST, RIGHT FORWARD, ½ LEFT PIVOT TURN-TWICE

- 1&2& Kick right foot forward, step right foot together, kick left foot forward, step left foot together
- 3-4 Step right foot forward, pivot ½ left
- 5&6& Kick right foot forward, step right foot together, kick left foot forward, step left foot together
- You can do Mexican hat dance steps in place of the kicks in counts 1&2&, 5&6&: touch right heel forward, step right foot together, touch left heel forward, step left together)**
- 7-8 Step right foot forward, pivot ½ left with weight ending on left foot

REPEAT

This dance was originally choreographed as a four wall, 32 count dance and the music was "Riding Alone" by Rednex. Tornado's "Ghostriders" has the same feel, but a 48 count dance better fits the music, so the 48

count version of Saddle Up was created & included as an official dance in the accompanying CD booklet for the single "Ghostriders". If you want to dance Saddle Up to the Rednex track, simple ignore the last 16 counts and start the dance after the ½ left pivot turn. Which ever version you choose, enjoy the dance.
