

Saddle Up And Ride

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Jo Thompson Szymanski (USA)
音樂: Saddle Up - Rick Tippe



The drums play, start counting with the guitar, begin dance after 40 count wait.

SHUFFLE SIDE, ROCK BACK, STEP, SHUFFLE SIDE, ROCK BACK, STEP

1&2 Step right foot to right side, step together with left, step right foot to right side
3-4 Rock back with left foot, recover weight forward to right foot
5&6 Step left foot to left side, step together with right, step left foot to left side
7-8 Rock back with right foot, recover weight forward to left foot

SHUFFLE SIDE ¼ TURN, SHUFFLE ½ TURN, STEP, ½ TURN, STOMP, STOMP

1&2 Step right foot to right side, step together with left, turn ¼ left, step back with right foot
3&4 Turn ¼ left, step left foot to left side, step together with right, turn ¼ left, step forward with left
5-6 Step forward with right foot, turn ½ left shifting weight to left foot
7-8 Stomp right foot beside left, stomp left foot beside right

Option: As an easier variation for counts 1-4, side shuffle right to right side, ¼ turn right, shuffle forward with left, then continue as normal for counts 5-8

ROCK, STEP, & HEEL, & HEEL, & ROCK, STEP, & HEEL, & HEEL &

1-2 Rock forward with right foot, recover weight back to left foot
&3 Step right foot beside left, touch left heel forward
&4 Step left foot beside right, touch right heel forward
& Step right foot beside left
5-6 Rock forward with left foot, recover weight back to right foot
&7 Step left foot beside right, touch right heel forward
&8 Step right foot beside left, touch left heel forward
& Step left foot beside right

Option: As an easier variation for counts 1-8, you can do rock step, coaster step, rock step, coaster step.

GALLOP FORWARD, STOMP, HEELS WITH ¼ TURN, HEELS WITH ¼ TURN, CLAP

1& Small step forward with right foot, step together with left
2& Small step forward with right foot, step together with left
3& Small step forward with right foot, step together with left
4 Small step forward with right foot
5 Stomp forward with left foot
6 Leaving balls of feet where they are, turn ¼ right dropping both heels down
7 Leaving balls of feet where they are, turn ¼ right dropping both heels down
8 Clap

REPEAT