

Slo-Ride

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Larry Pizzini Jr. (USA)
音樂: Slow Ride - Bart Hansen



ROCK, RECOVER, SAILOR SHUFFLE, STEP, ½ TURN, STEP, ½ TURN, STEP

- 1 Rock to the right on right foot
- 2 Recover on left foot
- 3&4 Sailor shuffle right-left-right
- 5 Step forward on left foot
- 6 Pivot ½ turn to the right (weight on right foot)
- 7 Step forward on left foot
- & Pivot ½ turn to the right (weight on right foot)
- 8 Step forward on left foot

GRAPEVINE, ROCK, RECOVER, CROSS STEP, STEP, CROSS STEP

- 1 Step right foot to the right
- 2 Cross step left foot behind right foot
- 3 Step right foot to the right
- 4 Cross step left foot in front of right foot
- 5 Rock to the right on right foot
- & Recover on left foot
- 6 Cross right foot in front of left foot
- 7 Step left foot to the left
- 8 Cross step right foot behind left foot

ROCK, RECOVER, SAILOR SHUFFLE, STEP, ½ TURN, STEP, ½ TURN, STEP

- 1 Rock to the left on left foot
- 2 Recover on right foot
- 3&4 Sailor shuffle left-right-left
- 5 Step forward on right foot
- 6 Pivot ½ turn to the left (weight on left foot)
- 7 Step forward on right foot
- & Pivot ½ turn to the left (weight on left foot)
- 8 Step forward on right foot

GRAPEVINE, ROCK, RECOVER, CROSS STEP, STEP, CROSS STEP

- 1 Step left foot to the left
- 2 Cross step right foot behind left foot
- 3 Step left foot to the left
- 4 Cross step right foot in front of left foot
- 5 Rock to the left on left foot
- & Recover on right foot
- 6 Cross left foot in front of right foot
- 7 Step right foot to the right
- 8 Cross step left foot behind right foot

ROCK, RECOVER, SAILOR SHUFFLE ¼ TURN, ROCK, RECOVER, COASTER SHUFFLE

- 1 Rock to the right on right foot
- 2 Recover on left foot
- 3&4 Sailor shuffle right-left-right making ¼ turn to the right
- 5 Rock forward on left foot

- 6 Recover on right foot
- 7&8 Coaster shuffle left-right-left

HEEL SWIVELS AND STEPS

- & Twist both heels out
- 1 Touch right toe forward while twisting heels in
- & Twist heels out
- 2 Twist heels in
- & Twist heels out
- 3 Touch right toe back while twisting heels in
- & Twist heels out
- 4 Touch right toe forward while twisting heels in
- & Twist heels out
- 5 Step right foot back while twisting heels in
- & Twist heels out
- 6 Step left foot back while twisting heels in
- & Twist heels out
- 7 Step right foot back while twisting heels in
- & Twist heels out
- 8 Step left foot back while twisting heels in

COASTER SHUFFLE, SHUFFLE, STEP, PIVOT ½ TURN, TRIPLE FULL TURN

- 1&2 Coaster shuffle right-left-right
- 3&4 Shuffle forward left-right-left
- 5 Step right foot forward
- 6 Pivot ½ turn to the left (weight on left foot)
- 7&8 Triple full turn to the left right-left-right

ROCK, RECOVER, COASTER SHUFFLE, HIP BUMPS

- 1 Rock forward on left foot
- 2 Recover on right foot
- 3&4 Coaster shuffle left-right-left
- 5 Touch right foot slightly to the right and bumps hips right
- & Bend knees slightly and bump hips left
- 6 Bend knees a little farther and bump hips right
- & Straighten knees slightly and bump hips left
- 7 Straighten knees more and bump hips right
- & Bend knees slightly and bump hips left
- 8 Bend knees a little farther and bump hips right
- & Straighten up and bump hips left (weight is on left foot)

REPEAT

Last Update - 6 Mar 2022
