

# Steady As You Go

拍數: 48      牆數: 4      級數:  
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音樂: Riding Alone - Rednex



## SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

1&2      Shuffle to the right, right-left-right  
3-4      Rock onto left foot behind right, shift weight forward onto right foot  
5&6      Shuffle to the left, left-right-left  
7-8      Rock onto right foot behind left, shift weight forward onto left foot

## FORWARD SHUFFLE, TURN, TURNING SHUFFLE, ROCK

1&2      Shuffle forward right-left-right  
3-4      Step forward on left foot, pivot ½ turn right (shifting weight to right foot)  
5&6      Shuffle forward while turning ½ turn right, left-right-left  
7-8      Rock back onto right foot, shift weight forward onto left foot

## KICK, BALL, CHANGE, TURN, WALK

1&2      Kick right foot forward, step on ball of right foot, step left foot in place  
3-4      Step forward on right foot, pivot ½ turn left shifting weight to left foot  
5-7      Walk forward right-left-right  
8      Kick left foot forward

## WALK, BACK, QUICK-STEP, RIGHT GRAPEVINE

1-3      Walk backward, left-right-left  
&4      Step back on right foot and quickly step left foot across in front of right  
5-7      Step right foot to right, step left foot behind right, step right foot to right  
8      Kick left foot forward

## STEP-KICK, STEP-KICK, ROLLING LEFT GRAPEVINE

1-2      Step left foot in place, kick right foot forward  
3-4      Step right foot in place, kick left foot forward  
5-6      Step left foot to left turning ¼ turn left, step right foot forward turning ½ turn left  
7-8      Step left foot back turning ½ turn left, touch right toe beside left foot

**You have just completed a 1& ¼ turn left. An alternative is to do a left grapevine w ¼ turn left**

## SYNCOPATED HEEL TOUCHES, HIP BUMPS

&1&2      Step back on right foot, touch left heel forward, step home on left, touch right toe home  
&3&4      Step back on right foot, touch left heel forward, step home on left, touch right toe home  
5-6      Step onto right foot, bumping hips to right twice  
7-8      Step onto left foot, bumping hips to left twice

## REPEAT