

Stride & Slide

拍數: 32 牆數: 2 級數: Improver
編舞者: Hazel Pace (UK)
音樂: Kiss My Innocence - Sarah Jory



STRIDE, SLIDE, ROCK STEP, RIGHT SHUFFLE, STEP, PIVOT

1-2 Stride left foot large step to left, slide right up to left
3-4 Rock back on right, rock forward on left
5-6 Right shuffle forward (right left, right)
7-8 Step forward on left, half pivot turn right

QUARTER TURN STRIDE, SLIDE, ROCK STEP, RIGHT SHUFFLE, ROCK STEP

1&2 Making quarter turn right stride large step to left, slide right up to left
3-4 Rock back on right, rock forward on left
5&6 Right shuffle forward on right, left, right
7&8 Rock forward on left, rock back on right

HALF SHUFFLE TURN, RIGHT SHUFFLE, ROCK STEP, STRIDE, SLIDE

1&2 Half turn left shuffle forward
3&4 Right shuffle forward right left, right
5-6 Rock forward on left, rock back on right
7&8 Stride left foot large step back, slide right up to left

ROCK STEP, SIDE SHUFFLE RIGHT ¼ TURN, FULL TURN RIGHT, ROCK STEP

1-2 Rock back on right, rock forward on left
3&4 Side shuffle right on right, left, right making quarter turn right on last step
5-6 Full turn right stepping on left, then right
7-8 Rock forward on left, rock back on right

REPEAT

TAGS

After 2nd 32 count sequence add 4 counts

1-2 Rock back on left, rock forward on right
3-4 Rock forward on left, rock back on right

Then dance 32 counts again

After 3rd sequence add 8 counts

1-2 Rock back on left, forward on right
3-4 Step forward left, ½ pivot right
5-6 Step forward left, ½ pivot right
7-8 Rock forward left, back on right