

Beat Rider

拍數: 32 牆數: 4 級數: Improver
編舞者: Larry Bass (USA)
音樂: There's Your Trouble - The Chicks



KICK-STEP-CROSS, SIDE SHUFFLE; SAILOR SHUFFLE, CROSSOVER SHUFFLE.

- 1&2 Kick right foot forward & step right foot beside left; cross left foot over right.
- 3&4 Step right foot to right & step left foot beside right; step right foot to right.
- 5&6 Cross left foot behind right & step right foot to right; step left foot diagonally forward to left.
- 7&8 Cross right foot over left & step left foot slightly to left; cross right foot over left.

KICK-STEP-CROSS, SIDE SHUFFLE; SAILOR SHUFFLE, CROSSOVER SHUFFLE.

- 9&10 Kick left foot forward & step left foot beside right; cross right foot over left.
- 11&12 Step left foot to left & step right foot beside left; step left foot to left.
- 13&14 Cross right foot behind left & step left foot to left; step right foot diagonally forward to right.
- 15&16 Cross left foot over right & step right foot slightly to right; cross left foot over right.

1 ¼ ROLLING TURN WITH BACKWARD SHUFFLE; ROCK STEP BACK, FORWARD SHUFFLE.

- 17 Moving toward (3:00), step on right foot starting 1 ¼ rolling left turn.
- 18 Moving toward (3:00), step on left foot continuing 1 ¼ rolling left turn.
- 19&20 Complete 1 ¼ rolling left turn to face (9:00) while shuffling back right, left, right.
- 21-22 Step left foot back; rock forward onto right foot.
- 23&24 Shuffle forward left, right, left.

MAMBO CROSSOVER STEPS; ½ TURN, SYNCOPATED STEPS FORWARD.

- 25&26 Step right foot to right & rock left onto left foot; cross step right foot over left.
- 27&28 Step left foot to left & rock right onto right foot; cross step left foot over right.
- 29&30 Step right foot to right & rock left onto left foot; cross step right foot over left.
- 31 Pivot ½ turn left onto left foot.
- &32 Step right foot slightly forward & step left foot beside right.

REPEAT
