拍數： 48 㛶數： 0 級數：Beginner Circle
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音樂：Riding Alone－Rednex


## Also：

Happy Birthday by Hot Bandidoz（144 bpm）

## Intro 48 counts

Walk forward－right，left，right，kick，Clap，walk back－left，right，left，Hold，Clap to sides
1－4 Walk forward－right，left，right，kick left forward raising arms
5－8 Walk back－left，right，left，step right beside left and clap with the two dancers on your sides．
Walk forward－right，left，right，kick，Clap，walk back－left，right，left，Hold，Clap to sides
9－12 Walk forward－right，left，right，kick left forward raising arms
13－16 Walk back－left，right，left，step right beside left and clap with the two dancers on your sides．
Step，Turn $1 / 4$ left ，Walk forward－right ，left，Shuffle forward，right and left
17－20 Step R forward，turn $1 / 4$ left，Walk forward－right，left．
21\＆22 Step forward on right，close left beside right，step forward on right．＊
23\＆24 Step forward on left，close right beside left，step forward on left＊
Step，turn $1 / 2$ left ，Walk forward－right ，left，shuffles forward，right and left
25－26 Step right forward，turn $1 / 2$ left
27－28 Turn $1 / 2$ left stepping right foot to right，turn $1 / 2$ left stepping left foot forward．
29\＆30 Step forward on right，close left beside right，step forward on right．＊
31\＆32 Step forward on left，close right beside left，step forward on left．＊
Heel，Touch，Heel，Touch，Heel，Touch，Heel，Touch
33－34 Put right heel diagonally forward，step right foot beside left．
35－36 Put left heel diagonally forward，step left beside right．
37－38 Put right heel diagonally forward，step right foot beside left．
39－40 Put left heel diagonally forward，step left beside right．
Camel walk R，Scuff，Camel walk L，Scuff
41－42 Step forward right．Slide left beside right．Step forward right．Scuff left forward．
43－44 Step forward left．Slide right beside left．Step forward left．Scuff right forward．

## Camel walk R，Scuff，Walk forward－left，right，turn $1 / 4$ left，stomp

45－46 Step forward right．Slide left beside right．Step forward right．Scuff left forward．
47－48 Step forward left．Step forward on right，turn $1 / 4$ left，stomp with right，keeping weight on left．

## Begin again．

Options：turn $1 / 2$ left，turn $1 / 2$ left－instead of walking forward－right，left
19－20 Turn $1 / 2$ left stepping right foot to right，turn $1 / 2$ left stepping left foot forward．
27－28 Turn $1 / 2$ left stepping right foot to right，turn $1 / 2$ left stepping left foot forward．
Hold your hand up in front of you as if you are riding a horse，moving them up and down．

