

Saddle Up

拍數: 0 牆數: 4 級數: Phrased Intermediate
編舞者: Michael Diven (USA) - April 2008
音樂: Saddle Up Shawty (Club Mix) - Mikel Knight



A,B,A,B,A, Partial B, A,B,A

Begin dance immediately after the rooster crows. Don't let the number of counts scare you or keep you from doing this dance. Once you get the sequence down it is a lot of fun.

Part A

Heel, Hitch, Step, Twist, Step, Pivot ½ Turn, Rotate Hips

1&2 Touch right heel forward, cross right foot over left, step right foot slightly forward
3&4 Twist both feet (heels) right, left, right (weight ends on the right foot)
5-6 Step forward on left foot, pivot ½ turn to the right
7&8 Rotate hips 2 times

Step, Step, Heel Jack, Cross Step, ¼ Turn Shuffle, Step, ½ Turn Pivot

1-2 Step left foot to left side, step right foot behind left
&3&4 Step left foot to left side, touch right heel forward, step right next to left, cross left foot over right
5&6 Step right foot to right side while turning ¼ turn right, step left foot next to right, step forward on right foot
7-8 Step forward on left foot, pivot ½ turn right (shift weight to right foot)

Scuff, Hitch, Step, Hip Bumps, Scuff, Hitch, Step, Hip Bumps

1&2 Scuff left foot forward, hitch, step back on left foot
3&4 Bump hips left, right, left
5&6 Scuff right foot forward, hitch, step back on right foot
7&8 Bump hips right, left, right

Scuff, Hitch, Step, Shuffle, Step ¼ Turn

1&2 Scuff left foot forward, hitch, step back on left foot
3&4 Bump hips left, right, left
5&6 Step forward on right foot, step left foot next to right, step forward on right foot
7-8 Step forward on left foot, pivot ¼ turn right (shifting weight on right foot)

Side Shuffle, Rock, Recover, ¼ Turn, Side Shuffle, Rock, Recover, ¼ Turn

1&2 Step left foot to left side, bring right foot next to left, step left foot to left side
&3&4 Rock right foot behind left foot, recover weight back to left foot, step right to right side, pivot ¼ turn left
5&6 Step left foot to left side, bring right foot next to left, step left foot to left side
&7&8 Rock right foot behind left foot, recover weight back to left foot, step right to right side, pivot ¼ turn left

(Variation for rock step: try stepping back on right foot, extend left heel forward, recover weight back to left foot, step right to side and then pivot ¼ turn left)

Side Shuffle, Rock, Recover, ¼ Turn, Side Shuffle, Rock, Recover, ¼ Turn

1&2 Step left foot to left side, bring right foot next to left, step left foot to left side
&3&4 Rock right foot behind left foot, recover weight back to left foot, step right to right side, pivot ¼ turn left
5&6 Step left foot to left side, bring right foot next to left, step left foot to left side

&7&8 Rock right foot behind left foot, recover weight back to left foot, step right to right side, pivot $\frac{1}{4}$ turn left

Part B

Tap, Step, Touch, Tap, Tap, $\frac{1}{2}$ Turn, Walk, Walk, Shuffle Back

1&2 Tap left toe forward, step left foot next to right, touch right toe back
3&4 Tap right toe twice then pivot $\frac{1}{2}$ turn left while hitching right foot across left shin
5-6 Step forward on right, step forward on left
7&8 Step back on right foot, slide left next to right, step back on right foot

Step, Touch, Step, Touch, $\frac{1}{2}$ Turn Pivot

&1 Step left foot in place, place right heel forward
&2 Step right foot in place, touch left toe back
&3 $\frac{1}{2}$ turn left & step left foot in place, touch right toe back
&4 Step right foot in place, place left heel forward
5-6 Step left foot back, step right foot back
7&8 Step left foot back, step right foot next to left, touch left toe out to left side

Sailor Step, Behind, Step with $\frac{1}{4}$ Turn, Step, $\frac{1}{2}$ Turn, Step, Locking Shuffle

1&2 Step left foot behind right foot, step right foot to right side, step left foot to left side
3-4 Step right foot behind left, step left foot to left side while turning $\frac{1}{4}$ turn left
5&6 Step right foot forward, step left foot in place while turning $\frac{1}{2}$ turn left, step forward on right foot
7&8 Step forward on left foot, slide right up locking behind left foot, step forward on left foot

Right Monterey, Left Sailor Step, Right Monterey, Step, Drag, Hold

1-2 Touch right toe to right side, pivot $\frac{1}{2}$ turn right (shift weight to right foot)
3&4 Step left foot behind right foot, step right foot to right side, step left foot to left side
5-6 Touch right toe to right side, pivot $\frac{1}{2}$ turn right (shift weight to right foot)
&7-8 Take a big step to left side, drag right foot in next to left, hold

Step, Step, Crossing Shuffle, $\frac{1}{4}$ Turn, $\frac{1}{4}$ Turn, Left Side Shuffle

1-2 Step right foot to right side, step left foot next to right
3&4 Cross right foot over left, step left to left, cross right over left
5 Step left foot to the left side while turning $\frac{1}{4}$ turn right
6 Step right foot to right side while turning $\frac{1}{4}$ turn right
7&8 Step left foot to left side, bring right foot next to left, step left foot to left side

Heel, Step, Heel, Step, Step Forward, Toe Touch, Locking Shuffle Backwards, Coaster Step, Step

1&2& Touch right heel forward, bring back next to left, touch left heel forward, bring back next to right
3-4 Step forward on right foot, tap left toe next to right instep
5&6 Step back on left foot, slide right foot next to left, step back on left foot
7&8& Step back on right foot, step left foot next to right, step forward on right foot, step forward on left

On the 3rd wall drop the last 16 counts of part B and start part A after the step to the left drag the right next to left foot. Then continue the dance A then B.
