

Ruffin It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dave Munro (UK) - August 2009
音樂: Hold on to My Love - Jimmy Ruffin



Intro:- 32 Counts.

Step R Side, L Touch, L Kick, L Coaster Step, Rock/Recover, Chasse 1/4 turn.

1-3 Step Right to right, Touch Left beside Right, Kick Left forward.
4&5 Step Left back, Step Right beside Left, Step Left forward.
6-7 Rock Right forward, Recover on Left to place.
8&1 Quarter turn right step Right to side, Step Left beside Right, Step Right to side.
(3 O'Clock)

L Cross, R Side, L Behind & Kick, Ball Cross/Hold, Ball Cross.

2-3 Step Left across Right, Step Right to right side.
4&5 Step Left behind Right, Step Right to right side, Kick Left diagonally forward.
&6-7 Step Left beside Right, Step Right across Left, Hold for 1 count.
&8 Step Left beside Right, Step Right across Left.
(3 O'Clock)

L Side Rock, 1/4 turn Right, Shuffle Fwd, Rock Fwd/Recover, Shuffle 1/2 turn.

1-2 Rock Left to left side, Recover onto Right making 1/4 turn right.
3&4 Step Left forward, Step Right beside Left, Step Left forward.
5-6 Rock Right forward, Recover on Left to place.
7&8 Quarter turn right step Right to side, Step Left beside Right, Quarter turn right step Right forward.
(12 O'Clock)

L Rock Fwd/Recover, L Coaster Step, R Side/Together, Begin Monterey Turn.

1-2 Rock Left forward, Recover on Right to place.
3&4 Step Left back, Step Right beside Left, Step Left forward.
5-6 Step Right to right side, Step Left beside Right.
7-8 Point Right to right side, Half turn right stepping Right beside Left.
(6 O'Clock)

Complete Monterey Turn, Modified Monterey 1/2 turn, L Forward Shuffle.

1-2 Point Left to left side, Step Left beside Right.
3-4 Point Right to right side, Half turn right stepping Right beside Left.
5-6 Step Left to left side, step Right beside Left.
7&8 Step Left forward, Step Right beside Left, Step Left forward.
(12 O'Clock)

R Rock Fwd/Recover, Shuffle Half turn, Half turn/Hold, R Coaster Step.

1-2 Rock Right forward, Recover on Left to place.
3&4 Quarter turn right step Right to side, Step Left beside Right, Quarter turn right step Right forward.
5-6 Half turn right step Left back, Hold for 1 count.
7&8 Step Right back, Step Left beside Right, Step Right forward.
(12 O'Clock)

L Rock Fwd/Recover, Shuffle Half Turn, Full Turn, R Rock Fwd/Recover.

1-2 Rock Left forward, Recover on Right to place.

3&4 Quarter turn left step Left to side, Step Right beside Left, Quarter turn left step Left forward.
5-6 Half turn left step back on Right, Half turn left step Forward Left.
7-8 Rock Right forward, Recover on Left to place.
(6 O'Clock)

R Behind/Side/Cross, L Side, R Behind, L Kick, L Behind, R side, L Together.

1&2 Step Right behind Left, Step Left to left side, Step Right across Left.
3-4 Step Left to left side, Step Right behind Left.
5-6 Kick Left to left forward diagonal, Step Left behind Right.
7-8 Step Right to right side, Step Left beside Right.

(6 O'Clock)

***Tag danced at this point on Walls 1, 2 & 4.**

***Tag danced at end of Wall 1(face 6:00), Wall 2(face 12:00) & Wall 4(face 12:00)**

R Rolling Vine/Touch, L Side/Together/Side/Touch.

1-4 Quarter right step Right forward, Half turn right step Left back, Quarter turn right Step Right to side, Touch Left beside Right.
5-8 Step Left to left side, Step Right beside Left, Step Left to side, Touch Right beside Left.

L Knee Pop/Recover, Step/Half Pivot, Step/Half Pivot, R Point/Hold/Hitch.

1-2 Step back on Right pop Left knee fwd, Recover forward on Left to place.
3-4 Step Right forward, Pivot half turn left.
5-6 Step Right forward, Pivot half turn left.
7-8& Point Right toes to right side, Hold for one count, Quickly hitch Right knee across Left.

contact tel.0115 8599951, oipssst@ntlworld.com
