

Let Me Ride

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Arne Stakkestad (BEL) - November 2009
音樂: Swing Low Sweet Chariot - Elvis Presley



Alternative music:

"Swing low sweet chariot", Indy lee www.indylee.com

"Dance at the C.C., Rene Guylline (no restarts, 16 counts intro)

Intro: 8 counts, start on lyrics

(1-8) Shimmy forw, shuffle backw, Shuffle ½ right, hop and hitch with clap twice

1-2 RF step forward with shimmy shoulders, hold with shimmy shoulders

Bend knees, and bend forward this first 2 counts

3&4 LF step backward, RF step beside LF, LF step backward

5&6 ¼ right step RF to right side, LF step beside RF, ¼ right step RF forward

7-8 RF hop forward and hitch with LKnee (clap), RF hop forward and hitch with LKnee (clap)

(9-16) Shimmy forw, shuffle backw, Shuffle ½ left, hop and hitch with clap twice

1-2 LF step forward with shimmy shoulders, hold with shimmy shoulders

Bend knees, and bend forward this first 2 counts

3&4 RF step backward, LF step beside RF, RF step backward

5&6 ¼ left step LF to left side, RF step beside LF, ¼ left step LF forward

7-8 LF hop forward and hitch with RKnee (clap), LF hop forward and hitch with RKnee (clap)

(17-24) Rocking chair with shimmy shoulders, Rockstep with shimmy, coasterstep

1-2 RF rock forward , return weight to LF

Bend forward with shimmy shoulders

3-4 RF rock backward, return weight to LF

Bend backward with shimmy shoulders

5-6 RF rock forward , return weight to LF

Bend forward with shimmy shoulders

7&8 RF step backward, LF step beside RF, RF step forward

(25-32) Hip bumps with ¼ right, kick ball step, kick ball step

1-2 LF step to left side and bump hips left (start ¼ right), bump hips left

3-4 bump hips left, bump hips left (end ¼ right)

Weight stays on LF these 4 counts

5&6 RF kick forward, RF step on ball beside LF, LF step forward

7&8 RF kick forward, RF step on ball beside LF, LF step forward

Restarts:

The 3th wall (6h), and the 6th wall (12h) dance til count 20 and start again