

On The Ridge

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Maureen Rowell (UK) & John "Growler" Rowell (UK) - May 2010
音樂: Up On the Ridge - Dierks Bentley : (CD: "Up On The Ridge" & "CDX Vol 498" - 3:38)



Intro: 5s-16 counts-12 s (Main Vocals), 115 BPM Rotation: CCW

Numbers in square brackets [] indicate facing wall and turn rotation. Start facing [12]

(1-8) Right Heel-Hook. Heel Hook. Right Shuffle Forward. Left Heel-Hook, Heel Hook. Left Shuffle Forward

- 1&2& (1)Tap right heel forward, (&)hook heel across left shin, (2)Tap right heel forward, (&)hook heel across left shin [12]
3&4 (3)Step forward right, (&)step left next to right, (4)step forward right. [12]
5&6& (5)Tap left heel forward, (&)hook heel across right shin, (6)Tap left heel forward, (&)hook heel across right shin [12]
7&8 (7)Step forward left, (&)step right next to left, (4)step forward left. [12]

(9-16) Right Rock-Recover. Full Turn Back. Right Coaster Step. Three Stomps Forward

- 1-2 (1)Rock right forward, (2)recover on left [12]
3-4 (3)Half turn right stepping forward right, (4)half turn right stepping back left [CW, 12]
5&6 (5)Step back right, (&)step left next to right, (6)step forward right [12]
7&8 (7)Stomp forward left, (&)stomp forward right (8)stomp forward left [12]

(17-24) Brush Forward - Back. Syncopated Weave To Right. Cross Rock-Recover. Three Quarter Turn Left

- 1-2 (1)Brush right in front of left to left diagonal, (2)brush right back to right diagonal [12]
&3&4 (&)Step right to right and slightly back,(3)cross left in front of right, (&)step right to right,(4)cross left behind right, [12]
&5-6 (&)Step right to right, (5)cross rock left over right, (6)recover on right [12]
7-8 (7)Turn quarter left stepping left forward, (8)turn half left stepping right back [CCW, 9]

(25-32) Left Coaster Step. Walk Right-Left. Step-Turn Step. Left –Together-Cross

- 1&2 (1)Step left back, (&)step right next to left, (2)step left forward [9]
3-4 (3)Step forward right, (4)step forward left [12]
5&6 (5)Step forward right, (&)pivot half turn left [CCW], (6)step forward right [3]
7&8 (7)Step left to left, (&)step right next to left, (8)step left slightly across front of right [3]

(33-40) Heels Left-Centre. Left-Centre-Left. Behind-Side-Cross. Point Right & Left Heel

- 1-2 (1)Swivel both heels to left, (2)swivel both heels to centre [3]
3&4 (3)Swivel both heels to left, (&)swivel both heels to centre, (4)swivel both heels to left [3]
5&6 (5)Step left behind right, (&)step right to right, (6)step left across in front of right [3]
7&8 (7)Tap right toe to right, (&)step right next to left, (8)tap left heel forward [3]

(41-44) & Jazz Box –Step Forward

- &1-2 (&)Step left next to right, (1)cross right over left, (2)step left to left and slightly back [3]
3-4 (3)Step right to right, (4)step left forward [3]

Start again.....with a BIG smile

Tag # 1. At the end of wall 4 (facing 12 o'clock)

(1-8) Heel – Toe, Ball Change – Step. Rock – Recover, Triple Full Turn Left

- 1-2 (1)Touch right heel forward, (2)touch right toe back [12]
&3-4 (&)Step right foot in place, (3)step on ball of left, (4)step right forward [12]

5-6 (5)Rock forward on left, (6)recover on right [12]

7&8 Triple full turn left in place stepping L,R.L. [12]

(2-16) Cross-Step. Behind-Side-Cross. Side Rock – Recover. Cross Shuffle

1-2 (1)Step right across left, (2)step left to left [12]

3&4 (3)Step right behind left, (&)step left to left, (4)cross step in front of left [12]

5-6 (5)Rock left to left. (6)recover on right [12]

7&8 (7)Cross step left over right, (&)step right to right, (8) cross step left over right [12]

(Alternative: Full rolling turn right, turning L.R. Cross L.)

Tag # 2 At the end of wall 6 (facing 6 o'clock)

First eight counts of Tag # 1

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