American Ride



拍數: 32

牆數:4

級數: Ultra Beginner

編舞者: Margo LaMotta - July 2011

音樂: Good Directions - Billy Currington : (Album: Doin' Something Right)

Alt. Music:-

Brick House by The Commodores [The Ultimate Collection] Ladies Night by Kool & The Gang [Celebration-Best Of] Everyday America by Sugarland [CD: Enjoy the Ride] Cowboy Casanova by Carrie Underwood [CD: CD Single] Who Let The Dogs Out by The Baha Men [132 bpm / Who Let The Dogs Out]

Start dancing on lyrics

STEP RIGHT, STEP TOGETHER, STEP RIGHT, HITCH LEFT, REPEAT ON LEFT

- 1-2 Step right forward, bring left together and step
- 3-4 Step right forward, hitch left knee
- 5-6 Step left forward, bring right together and step
- 7-8 Step left forward, hitch right knee

WALK BACK 3, HEEL/CLAP, REPEAT OTHER SIDE

- 1-3 Walk right back, walk left back, walk right back
- 4 Place left heel in front and clap at same time
- 5-7 Walk back left, walk back right, walk back left
- 8 Place right heel in front and clap at same time

SLIDE TO THE RIGHT, HEEL CLICK, SLIDE TO THE LEFT, HEEL CLICK

- 1-2 Step right to side, slide/step left together
- 3-4 Fan heels out, bring heels together
- 5-6 Step left to side, slide/step right together
- 7-8 Fan heels out, bring heels together

ROCK FORWARD, ROCK BACK, ¼ PIVOT TURN, STOMP, CLAP

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left
- 5-6 Step right forward, ¼ turn to the left
- 7-8 Step right together, clap

REPEAT

