

Ramblin' Man

拍數: 64 牆數: 4 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - October 2012
音樂: Ramblin' Man - The Allman Brothers Band



Intro: 16 counts

LEFT, HOLD, BACK ROCK, EXTENDED VINE

1-2 Step left to left, hold
3-4 Rock right behind left, recover onto left
5-6 Step right to right, step left behind right
7-8 Step right to right, step left across right

RIGHT, HOLD, BACK ROCK, EXTENDED VINE

9-10 Step right to right, hold
11-12 Rock left behind right, recover onto right
13-14 Step left to left, step right behind left
15-16 Step left to left, step right across left

(Restart dance after count 16 during wall 4 – facing 3 o'clock wall)

LEFT, TOGETHER, FORWARD, HOLD, FORWARD MAMBO WITH STOMPS, HOLD

17-18 Step left to left, step right beside left
19-20 Step left forward, hold
21-22 Rock right forward, stomp left back
23-24 Stomp right beside left, hold

BACK, HOLD, BACK, HOLD, BACK MAMBO WITH STOMPS, HOLD

25-26 Step left back, hold
27-28 Step right back, hold
29-30 Rock left back, stomp right forward
31-32 Stomp left beside right, hold

VINE ¼ TURN RIGHT, HITCH, VINE ¼ TURN LEFT, SCUFF

33-34 Step right to right, step left behind right
35-36 Make ¼ turn right & step right forward, hitch left
37-38 Step left to left, step right behind left
39-40 Make ¼ turn left & step left forward, scuff right forward

STEP, LOCK, STEP, SCUFF, STEP, ½ PIVOT, STEP, HOLD

41-42 Step right forward, lock left behind right
43-44 Step right forward, scuff left forward
45-46 Step left forward, pivot ½ turn right
47-48 Step left beside right, hold

HEEL AND TOE TWISTS LEFT, HEEL AND TOE TWISTS RIGHT

49-50 Twist both heels left, twist both toes left
51-52 Twist both heels left, hold
53-54 Twist both heels right, twist both toes right
55-56 Twist both heels right, hold

SIDE SWITCHES, ¼ MONTEREY TURN WITH TOUCH

57-58 Point right to right, step right beside left
59-60 Point left to left, step left beside right

61-62 Point right to right, make $\frac{1}{4}$ turn right and step right beside left
63-64 Point left to left, touch left beside right

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