

# On Yer Bike

拍數: 64      牆數: 2      級數: Easy Intermediate - Fun  
編舞者: Gaye Teather (UK) - November 2012  
音樂: The Pushbike Song - The Mixtures : (CD: Super 70's and various other 70's compilations)



## 32 count intro

### Right heel. Hitch x 2. Vine Right. Hold

1 – 4      Touch Right heel forward. Hitch Right knee. Touch Right heel forward. Hitch Right knee  
5 – 8      Step Right to Right. Cross Left behind Right. Step Right to Right. Hold

### Left heel. Hitch x 2. Vine Left. Hold

1 – 4      Touch Left heel forward. Hitch Left knee. Touch Left heel forward. Hitch Left knee  
5 – 8      Step Left to Left. Cross Right behind Left. Step Left to Left. Hold

### Forward rock. Back rock (rocking chair). Run forward x 3. Hold

1 – 4      Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left  
5 – 8      Run forward Right. Left. Right (small steps). Hold

### Forward rock. Back rock. (rocking chair). Step. Pivot half turn Right. Step. Hold

1 – 4      Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right  
5 – 8      Step forward on Left. Pivot half turn Right. Step forward on Left. Hold (Facing 6 o'clock)

### Stomp forward. Hold. Stomp forward. Hold. Kick-ball-Stomp. Hold

1 – 4      Stomp Right foot forward. Hold. Stomp Left foot forward. Hold  
5 – 8      Kick Right foot forward. Step Right beside Left. Stomp Left beside Right. Hold

### Step. Pivot half turn Left x 2. Step out. Out. In. In

1 – 4      Step forward on Right. Pivot half turn Left. Step forward on Right. Pivot half turn Left (Facing 6 o'clock)  
5 – 8      Step Right to Right. Step Left to Left. Step Right in towards Left. Step Left in towards Right

### Side Right. Hold. Together. Hold. Side Right. Hold. Touch. Hold (with dips – down- up- down)

1 – 4      Step Right to Right dipping knees (squat). Hold. Straighten up stepping Left beside Right. Hold  
5 – 8      Step Right to Right dipping knees (squat). Hold. Straighten up touching Left beside Right. Hold

### Vine Left. Brush. Toe struts x 2

1 – 4      Step Left to Left. Cross Right behind Left. Step Left to Left. Brush Right forward  
5 – 8      Step Right toe forward. Drop Right heel to floor. Step Left toe forward. Drop Left heel to floor

## Start again

### Tag 1: At the end of wall 1 (Facing 6 o'clock) dance the following 4 count tag

1 – 4      Bump hips Right. Left. Right. Left

### Tag 2: (The FUN tag!) This occurs twice, at the end of walls 3 and 5 (Facing 6 o'clock) both times and comprises 12 steps as follows:-

1 – 2      Step Right to Right. Step Left to Left - feet apart (Climb astride your bike)  
3 – 4      Slap Right hand on Right buttock. Slap Left hand on Left buttock (check your saddle)  
5 – 6      Turn head to look over Right shoulder and then face front again (check for traffic)  
7 – 8      Place Right arm out in front. Place Left arm out in front – horizontally (hands on handlebars)

9 – 12

Stomp in place Right, Left, Right, Left bringing both feet together and bumping hips with each stomp (We're riding!)

**Note: This is a fun dance so inject as much attitude as you can. Dance ends facing front wall!**

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