

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 Rick Right 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!
