

Eight Second Ride

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate - 2S
編舞者: Barry Amato (USA) & Dari Anne Amato (USA) - November 2009
音樂: Eight Second Ride - Jake Owen : (CD: Startin' With Me)



Intro: 32 counts

STEP, ¼-HITCH, COASTER STEP, STEP, ¼ TURN, CROSS, STEP SIDE, ½ TURN, CROSS

1-2 Step to the R on the R, turn ¼ L as you hitch L leg up
3&4 L coaster step
5&6 Step R forward, turn ¼ L and with L taking weight, cross R over
7&8 Step L side, pivoting on ball of L, open ½ turn and step down on R, cross the L over the R

TOE, HEEL, CROSS, SLIDE, STOMP-UP 2X, ¼ TURN, ½ TURN, STEP BACK 2X, ¼ TURN

1&2 Touch the R toe in, touch the R heel out, cross the R over L
3&4 Slide to the L, keeping weight on L, do 2 stomp-ups with the R graduating in toward the L
5-6 Turn ¼ turn to the R, stepping on the R; pivoting on the R continue to turn ½ R with L taking weight after turn
7&8 Walk R back-L, open a turn ¼ R and step out on the R (weight ends up on both feet)

HIP BUMP L 2X, HIP BUMP R, HIP BUMP L/HITCH, SHUFFLE FORWARD, CHASSE TURN

1-2 Hip L to L 2x
3-4 Hip R to R, bump L hip to L and hitch R to L knee
5&6 Locking chassé forward R-L-R
7&8 Step L forward, ½ turn pivot to the R with R taking weight, step L forward

HEEL, STEP, STEP TOGETHER, HEEL, STEP, STEP TOGETHER, MODIFIED JAZZ BOX WITH HIP PUSH

1&2 Touch the R heel forward, step down on the R, step L up to meet R
3&4 Repeat 1&2
5-8 Cross R over, step L back, step R side as you push R hip to R side, step to the L on L as you push L hip to L side

ENDING: You will dance the pattern seven times through. When you start the 7th wall [12], you omit the last 16 counts. The music slows down and you follow the lyrics as you do the following:-

Sway L - on the word "hold"

Sway R - on the word "wilder"

Sway L - on the word "eight"

Hip circle around to the L - on the word "ride"

Then start pattern again after the downbeat of the drums.

Dance first 16 counts of dance and then turn to the R stepping R-L and slide to R on R for the ending

Contact: Submitted By - Lisa McCammon - pal_mcc@yahoo.com