

Regards

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Noria MERCIER (FR) - April 2020

Musik: Ride It - Regard



Intro : 32 counts

S1 – KICK BALL POINT X2, CROSS, BACK, SIDE, CROSS SHUFFLE

- 1&2 Kick Rf forward, R step beside L, Lf point to L side
- 3&4 Kick Lf forward, L step beside R, Rf point to R side
- 5-6& Cross Rf in front of L, Lf behind, Rf beside L,
- 7&8 Cross Lf in front of Rf, Rf to right side, Cross Lf in front of Rf

S2 – SIDE ROCK, BEHIND, ¼ TURN LEFT, STEP, STEP TURN X2

- 1-2 Rf rock to the right, Recover,
- 3&4 Rf behind L, ¼ turn to the left and Lf forward, Rf forward
- 5-6 Step forward on Lf, pivot ½ turn to the right,
- 7-8 Step forward on Lf, pivot ½ turn to the right,

S3 – BOUNCE (x 2), ROCK STEP FORWARD, TRIPLE ½ TURN, BOUNCE (X2)

- 1-4 Lf forward and Bounce x 2 , Hold, Rock Rf forward, Recover
- 5&6 Make a ¼ turn R stepping Rf to the right, Lf step together, make ¼ turn R stepping Rf forward
- 7-8 Lf forward and Bounce x 2

S4 – STEP ½ TURN, TRIPLE SIDE, BACK ROCK STEP, TRIPLE SIDE

- 1-2 Step forward on Rf, pivot ½ turn to the left
- 3&4 Rf to the R, Lf side together, Rf to the R side
- 5-6 Lf Rock backward, Recover
- 7&8 Lf to the L, close Rf next to Lf, Lf to the left side

TAG: You dance the TAG after wall 4.

STEP SWEEP, CROSS, SIDE, BACK SWEEP, CROSS BACK, ¼ TURN, STEP SWEEP, CROSS, BACK, ¼ TURN SWEEP, STEP ½ TURN

- 1-2 & Rf forward and Sweep Lf from back to front, Cross Lf in front of R, Rf to the R side
- 3-4 & Cross Lf behind Rf and sweep Rf from front to back, Cross Rf behind Lf, make a ¼ turn left and Lf forward
- 5-6& Step Rf forward and sweep Lf from back to front, cross Lf in front of Rf, Step back on Rf
- 7-8& Make a ¼ turn Lf and Lf forward and sweep Rf from back to front, Step Rf forward, Pivot ½ turn to the left. Weight on the Lf.