Ride On & Out

拍数: 64　　　　　**墙数:** 2　　　　　**级数:** Phrased Improver

编舞者: Christiane FAVILLIER (FR) - March 2018

音乐: Ride On, Ride Out (feat. Dmc) - Colt Ford : (Album: Chicken and Biscuits)

(Sequence: A, BB, A, BB, A, B (on the instrumental) A -)
Musical Intro - 32 counts

PART A: 32 time when he sings "RIDE ON, RIDE OUT"
A[1 to 8]-POINT SIDE & KICK FORWARD, TRIPLE STEP IN PLACE (Twice)
1 2	Point RF to R, kick in front of RF
3 & 4	Ground tap RF, LF, RF
5 6	Point LF on the left, kick in front of LF
7 & 8	Ground tap LF, RF, LF

A[9 to 16] - STEP ¼ TURN, STEP ½ TURN, STEP FORWARD & POINT X2
1 2	Put RF in front and rotate 1/4 turn to the left (9H)
3 4	Put RF in front and rotate 1/2 turn to the left (3H)
5 6	Forward RF, point LF to the left
7 8	Move LF, point to the right

A[17 to 24] - KICK FORWARD & SIDE, TRIPLE STEP IN PLACE (Twice)
1 2	Kick RF in front, kick RF to R
3 & 4	Ground tap RF, LF, RF
5 6	Kick LF in front, Kick LF to L
7 & 8	Ground tap LF, RF, LF

A[25 to 32] - STEP ¼, STEP ½ TURN, STEP FORWARD & POINT X2
1 2	Put RF in front and rotate 1/4 turn to the left (12H)
3 4	Put RF in front and rotate 1/2 turn to the left (6H)
5 6	Forward RF, point LF to the left
7 8	Move LF ***, point RF to the right

***FINAL HERE after the 7 (advance LF) rotate just 1/2 turn right to finish at 12H - Thanks –

PART B: 32 counts
B[1 to 8] - KICK BALL POINT X2, SWEEP & BACK STEP X4,
1 & 2	Throw leg R in front (1), bring back RF near LF (&), point LF at L (2)
3 & 4	Throw leg L in front (1), bring back LF near RF (&), point RF to R (4)
5678	Reverse RF by pulling back and forth with the tip of the RF, back off LF drop back and forth with the tip of the LF

B[9 to 16] - R BACK ROCK - TRIPLE STEP FWD - FWD ROCK syncopated & SIDE ROCK
1 2	Put RF behind (with weight and return)
3 & 4	Forward RF, bring back LF behind RF, move forward RF
56 &	Poser LF in front (with weight) and back to RF, assemble LF at RF
7 8	Set RF to the right (with weight) and return to LF

B[16 to 24] - STEP ¼ TURN - CROSS SHUFFLE - PIVOT ½ TURN R - CROSS SHUFFLE
1 2	Forward RF, rotate 1/4 turn to the left (9H)
3 & 4	Cross RF in front of LF, place LF in L, cross RF in front of LF
5 6	Reverse LF and rotate 1/2 turn to R (3H)
7 & 8	To cross LF in front of RF, to put RF to R, to cross LF in front of RF

B[25 to 32] - STEP ½ TURN – R CHASSE - CROSS SIDE - POINT L BACK & ¼ PIVOT TURN L

1 2	Advance RF in front and rotate 1/2 turn to the left
3 & 4	Put RF on the right, bring back LF near the RF, put RF on the right
5 6	Cross LF in front of RF
7 & 8	Point LF behind and rotate 1/4 turn left

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All my choreographies are on my site http://christianefavillie.wixsite.com/angie

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SUMMARY of the sessions:
PART A -32 times -12H/06H
PART B -32 times -06H/12H
PART B – 32 times -12H/06H
PART A - 32 times -06H/12H
PART B -32 times -12H/06H
PART B - 32 times -06H/12H
PART A - 32 times -12H/06H
PART B -32 beats - 06H/12H on the instrumental
PART A -32 beats - 12H/06H with final dance finished at 12H