Ride 'til I can't no More

级数: Phrased Beginner

编舞者: Mark Treacy (USA) - May 2019

音乐: Old Town Road (feat. Billy Ray Cyrus) (Remix) - Lil Nas X

Count in: 16

Part 1: 16 Counts

拍数: 72

Walk forward R, L, R, L, Ride in place, Walk forward L, R, L, R, Ride in place

- 1-4 Walk forward Right, Left, Right, Left
- 5&6&7&8 Ride (Giddy up side to side/Right hand up riding)
- 1-4 Walk forward L R L R
- 5&6&7&8 Ride (Giddy up side to side/Left hand up riding)

Part 2: 32 Counts

(Do Twice) Step, behind, step, kick Right and Left, Step Back and Tap

- 1-4 Step Right, Left Behind, Step Right, Kick Left,
- 5-8 Step Left, Right Behind, Step Left, Kick Right
- 1-4 Step Back Right, Tap Left, Step Back Left, Tap Right,
- 5-8 Step Back Right, Tap Left, Step Back Left, Tap Right

Part 3: 24 Counts

(Do Twice) Right Lock Step, Scuff, Left Lock Step, Scuff, Paddle and Pat

- 1-8 Right Step Lock Step, Scuff Left, Left Step Lock Step, Scuff Right
- 1-3 Paddle for 3 Right Half Turn (optional: add Lasso)
- 4 Pat Rear with Both Hands

Repeat Part 2, Part 3, Part 1, Part 2

Special (at the Bass Drop): Pivot half turn, R, L, R, Pivot half turn, L, R, L

Hip sways for full turn and hip circles

- 1-2 Pivot Half Turn on Right
- 3&4 (&) Run it Up Right, Left, Right, (optional: Look back)
- 5-6 Pivot Half Turn on Left
- 7&8 Run it Up Left, Right, Left
- 1-4 Four Hip Sways for Full Turn
- 5&6 Hip Circle Counter Clockwise
- 7&8 Hip Circle Clockwise

Repeat Part 1, Part 2 (Soft steps on fade out)





墙数:2