

Ride On

拍数: 80 墙数: 1 级数: Intermediate
编舞者: Chrystel DURAND (FR) - March 2024
音乐: Ride On - Cloverdayle



Intro : 32 counts

[1-8] CROSS, SIDE, SAILOR STEP R& L, STEP ½ TURN L

1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, step right to right side
5&6 Cross left behind right, step right to right side, step left to left side
7-8 Step right forward, ½ turn left (weight on left) 6.00

[9-16] ¼ TURN L & SHUFFLE SIDE, ROCK BACK, KICK BALL CROSS & CROSS & CROSS

1&2 ¼ turn left stepping right to right side, step left next to right, step right to right side 3.00
3-4 Rock left back, recover on right
5&6 Kick left diagonally left forward, ball left next to right, cross right over left
&7&8 Step left to left side, cross right over left, step left to left side, cross right over left

[17-24] L ROCKING CHAIR DIAGONALLY FORWARD, STEP ½ TURN, SHUFFLE L FORWARD

1-2 Rock left diagonally left forward, recover on right 1.30
3-4 Rock left diagonally back, recover on right 1.30
5-6 Step left forward, ½ turn right (weight on right foot) 7.30
7&8 Step left forward, step right next to left, step left forward 7.30

[25-32] STEP R FORWARD, STEP L BACK DIAG L, TOGETHER, SHUFFLE FORWARD, HEELS SWITCHES, TOE BACK, UNWIND

1 Step right forward 7.30
2& ¼ turn left stepping left back, step right next to left 4.30
3&4 Step left forward, step right next to left, step left forward 4.30
5&6& Right heel forward, step right next to left, left heel forward, step left next to right
7-8 touch right toe behind left, unwind 5/8 turn right (1 + ¼) weight on right foot 12.00

On wall 5, tag 2 and restart the dance

The next 32 counts are de same but starting with left foot cross over right

[33-40] CROSS, SIDE, SAILOR STEP L & R, STEP ½ TURN R

1-2 Cross left over right, step right to right side
3&4 Cross left behind right, step right to right side, step left to left side
5&6 Cross right behind left, step left to left side, step right to right side
7-8 Step left forward, ½ turn right (weight on right foot) 6.00

[41-48] ¼ TURN SHUFFLE SIDE, ROCK BACK, KICK BALL CROSS & CROSS, & CROSS

1&2 ¼ turn right stepping left to left side, step right next to left, step left to left side 9.00
3-4 Rock right back, recover on left
5&6 Kick right diagonally right forward, ball right next to left, cross left over right
&7&8 Step right to right side, cross left over right, Step right to right side, cross left over right

[49-56] ROCKING CHAIR DIAGONALLY FORWARD, STEP ½ TURN, SHUFFLE

1-2 Rock right diagonally right forward, recover on left 10.30
3-4 Rock right back, recover on left 10.30
5-6 Step right forward, ½ turn left (weight on left foot) 4.30
7&8 Step right forward, step left next to right, step right forward 4.30

[57-64] STEP DIAG FORWARD, STEP BACK DIAGL, TOGETHER, SHUFFLE FORWARD, HEELS SWITCHES, TOE BACK, UNWIND

- 1 Step left forward 4.30
- 2& ¼ turn right stepping right back, step left next to right 7.30
- 3&4 Step right forward, step left next right, step right forward 7.30
- 5&6& Left heel forward, step left next to right, right heel forward, step right next to left
- 7-8 touche left toe behind right, unwind 5/8 turn left (1 + ¼) weight on left foot 12.00

On wall 4, tag 1 and continue the dance

- 65-72 ROCK R FORWARD, TOGETHER, ROCK L FORWARD,, SHUFFLE ½ TURN, FULL TURN
- 1-2 Rock right forward, recover on left
- &3-4 Step right next to left, rock left forward, recover in right
- 5&6 ¼ turn left stepping left to left side, step right next to left, , ¼ turn left stepping left forward
- 7-8 ½ turn left stepping right back, ½ turn left stepping left forward

[73-80] ROCK R FORWARD, TOGETHER, ROCK L FORWARD,, SHUFFLE ½ TURN, FULL TURN

- 1-2 Rock right forward, recover on left
- &3-4 Step right next to left, rock left forward, recover in right
- 5&6 ¼ turn left stepping left to left side, step right next to left, , ¼ turn left stepping left forward
- 7-8 ½ turn left stepping right back, ½ turn left stepping left forward

On wall 4, tag 1

RESTART : on wall 2, dance the 52 first counts and restart the dance from the beginning (facing at 12.00)

TAG 1: on wall 4, after 64 counts face at 12.00, and at the end of this wall 4, face at 12.00, add the 4 following counts:

[1-4] rocking chair

- 1-4 Rock right forward, recover on left, rock right back, recover on left

TAG 2/RESTART: on wall 5, after 32 counts, face at 12.00, add the following steps and restart the dance from the beginning :

[1-4] rock step forward, coaster step

- 1-2 Rock left forward, recover on right
- 3&4 Step left back, step right next to left, step left forward

HAVE FUN !

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