

Ride

拍数: 28 墙数: 4 级数: Beginner
编舞者: Unknown
音乐: Ride - Sir Mix-A-Lot



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- | | |
|-----|---|
| 1-2 | Right heel, feet together |
| 3-4 | Right heel, feet together |
| 5-6 | Left heel, feet together |
| 7-8 | Left heel, feet together |
| | |
| 1-2 | Jump forward on both feet, hold |
| 3-4 | Jump back on both feet, hold |
| 5-6 | Jump forward, jump back |
| 7-8 | Jump forward, jump back |
| | |
| 1-2 | Stomp right, hold |
| 3-4 | Stomp left, hold |
| 5-8 | Stomp right, left, right, left |
| | |
| 1-4 | Turn $\frac{1}{4}$ left doing a paddle turn (or stand on left and do tiny hip bumps or big hip bumps) |

REPEAT
