

Ride It, Lose Control

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Step5678 (USA) - May 2020
音樂: Ride It - Regard

級數: Beginner / Improver



Intro: 32 Counts

Restart: On Wall 5 After 16 Counts (facing 6:00)

S1: Rock Fwd/Rec (R), Triple Back (R), Rock Back/Rec (L), Triple Fwd (L)

1-2 Rock R fwd (1), Recover on L (2)
3&4 Step R back (3), Step L next to R (&), Step R back (4)
5-6 Rock L back (5), Recover on R (6)
7&8 Step L fwd (7), Step R next to L (&), Step L fwd (8)

S2: ¼ Left Rock Side/Rec (R), Behind-Side-Cross (R), Rock Side/Rec (L), ¼ Left Sailor Step

1-2 Turn ¼ left and rock R to right side (1), Recover on L (2)
3&4 Step R behind L (3), Step L to left (&), Cross R over L (4)
5-6 Rock L to side (5), Recover on R (6)
7&8 Step or sweep L behind R (7), Turn ¼ left-step R to right side (&), Step L fwd (8)

Restart Here On Wall 5

S3: Step Fwd (R), Kick (L), Coaster Step (L), Fwd Step Touches (R&L)

1-2 Step R fwd (1), Kick L fwd (2)
3&4 Step L back (3), Step R next to L (&), Step L fwd (4)
5-6 Step R fwd on right diagonal (5), Touch L next to R (6)
7-8 Step L fwd on left diagonal (7), Touch R next to L (8)

S4: Step Side, Behind, ¼ Right Triple Fwd (R), ½ Right Pivot Turn, Triple Fwd (L)

1-2 Step R to right (1), Step L behind R (2)
3&4 Turn ¼ R and step R fwd (3), Step L next to R (&), Step R fwd (4)
5-6 Step L fwd (5), Pivot ½ turn right (weight on R) (6)
7&8 Step L fwd (7), Step R next to L (&), Step L fwd (8)

Ending: If You Want To Finish Dance At 12:00, Simply Spin On L-½ Turn Left After Wall 9.

Let's Dance!!!

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