River Ride



拍數: 128 牆數: 2 級數: Phrased Advanced

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音樂: Ride - Zero Point Five



1st Place Choreography Winner - H.O.T. USLDCC Phrased Division

Intro: 8 Counts / ~3 Seconds / Weight starts left foot Sequence: A, A, B, C- (32), Tag, A, A, C, C, EoD

Section A (32 Counts)

[1-8] Chassé R, ¼ Chassé L, ¼ Chassé R, ½ Triple Step

Step RF to R side, Step LF next to RF, Step RF to R side 12:00
 Turn ¼ L while stepping LF back, Step RF next to LF, Step LF to L 9:00
 Turn ¼ L while stepping RF to R side, Step LF next to RF, Step RF to R 6:00

7&8 Turn ¼ L while stepping LF back, Step RF next to LF, Turn ¼ L while stepping LF to L side

12:00

[9-16] ½ Pivot Turn, Triple Step, Two Step Full Turn, Triple Step

1-2 Step RF in front of LF, Pivot ½ L (weight to LF) 6:00
3&4 Step RF forward, Step LF next to RF, Step RF forward (

Step RF forward, Step LF next to RF, Step RF forward 6:00
 Step LF forward while turning ½ R, Step RF back while turning ½ R 6:00

7&8 Step LF forward, Step RF next to LF, Step LF forward 6:00

[17-24] Heel Grind, Heel Grind, Cross Rock w/ Flick, Ball, Rock w/ Flick

1-2& Cross R heel over LF, Step LF to L side while pointing R toes to R, Ball RF next to LF 6:00
 3-4& Cross L heel over RF, Step RF to R side while pointing L toes to L, Ball LF next to RF 6:00
 5-6& Cross Rock RF over LF while flicking LF behind R knee, Recover LF, Ball RF next to LF 6:00

7-8 Rock LF forward while flicking RF behind L knee, Recover RF 6:00

[25-32] Triple Step Back, Back Rock, ½ Pivot Turn, ½ Pivot Turn

1&2 Step LF back, Step RF next to LF, Step LF back 6:00

3-4 Rock RF back, Recover weight to LF 6:00

Step RF in front of LF, Pivot ½ L (weight to LF) 12:00
Step RF in front of LF, Pivot ½ L (weight to LF) 6:00

Section B (32 Counts)

[1-8] Cross, Side, Behind, Heel Hook, Step, Side, Lock w/ dip, Side

1-2 Cross RF over LF, Step LF to L side 12:00

3-4 Step RF Behind LF w/ 1/8 turn R, Hook L heel across R leg 1:30

5-6 Step LF forward, Step RF to R side w/ 1/8 turn L 12:00

7-8 Lock LF behind RF while popping R knee and ducking slightly, Step RF to R side w/ 1/4 turn R

3:00

[9-16] 1/4 Pivot Turn, 1/4 Pivot Turn, Cross, Point, Cross, Point

1-2	Step LF in front of RF, Pivot ¼ R 6:00
3-4	Step LF in front of RF, Pivot 1/4 R 9:00
5-6	Cross LF over RF, point R toe to R side 9:00
7-8	Cross RF over LF, point L toe to L side 9:00

[17-24] Cross, Side, Behind, Heel Hook, Swinging Hitch, Swinging Hitch

1-2 Cross LF over RF, Step RF to R side 9:00

3-4 Step LF Behind RF w/ 1/8 turn L, Hook R heel across L leg 7:30

5-6 Step RF forward, Hitch L leg while swinging ¼ R 10:30
7-8 Step LF forward, Hitch R leg while swiveling 1/8 L 9:00

[25-32] Rocking Chair, 3/4 Walk Around

1-2 Rock RF forward, Recover weight LF 9:00
3-4 Rock RF back, Recover weight LF 9:00
5-6-7-8 Walk ¾ around over L shoulder R-L-R-L 12:00

Styling Note: Put arms out to sides like you're flying during walk-around (5-6-7-8)

Section C (64 Counts)

[1-8] Heel, Heel, Toe, Heel, Heel, Toe, Heel Pump

Touch R heel forward, Ball RF next to LF, Touch L Heel forward, Ball LF next to RF 12:00
 Touch R toe behind LF, Ball RF next to LF, Touch L Heel forward, Ball LF next to RF 12:00
 Touch R heel forward, Ball RF next to LF, Touch L toe behind RF, Ball LF next to RF 12:00

7-8 Pump R heel forward, Pump R heel to R side 12:00

[9-16] Sailor Step, 1/4 Sailor Step, 1/4 Step & Drag, Cross Rock

Step RF behind LF, Step LF to L side, Step RF to R side 12:00
 Step LF behind RF w/ ¼ turn L, Step RF next to LF, Step LF forward 9:00
 Step RF far forward while turning ¼ L, Drag LF towards RF 6:00

7-8 Rock LF forward across RF, Recover weight onto RF 6:00

[17-24] 1/4 Triple Step, Full Pencil Turn w/ Hook, Triple Step, 1/4 Pivot

1&2 Step LF to L side w/ 1/4 turn L, Step RF next to LF, Step LF forward 3:00

&3-4 Hop RF forward, full turn over L shoulder while hooking L heel across R leg, Step LF forward

3:00

Step RF forward, Step LF next to RF, Step RF forward 3:00
Step LF in front of RF, Pivot ¼ R (weight to RF) 6:00

[25-32] Cross Triple Step, Side Step, Cross Hitch, Side Step w/ Dip, Ball, Step

1&2 Cross LF over RF, Step RF to R side, Cross LF over RF 6:00

3-4 Step RF to R side, Hitch L knee across R leg 6:00

5-6-7 Step LF to L side while sumo squatting in a half-circular motion from R to L (weight ends

favoring LF) 6:00

&8 Ball RF next to LF, Step LF to L side 6:00

TAG NOTE: First phrase of C ends here with 4 count tag noted below.

[33-40] Side Point, Ball, Side Point, Ball, Point, Hitch Point (x2)

1&2& Point R toe to R side, Ball RF next to LF, Point L toe to L Side, Ball LF next to RF 6:00
3&4& Point R toe to R side, Cross hitch R knee to L, Point R toe to R side, Ball RF next to LF 6:00
5&6& Point L toe to L side, Ball LF next to RF, Point R toe to R Side, Ball RF next to LF 6:00
7&8 Point L toe to L side, Cross hitch L knee to R, Point L toe to L side 6:00

[40-48] Cross, Side, Behind, Side, Cross, ¼ Step, ½ Pencil Turn w/ Hitch, Triple Step

1-2 Cross LF over RF, Step RF to R side 6:00

3&4 Step LF behind RF, Step RF to R side, Cross LF over RF 6:00

5-6 Step RF to R side w/ ¼ turn R, Pencil turn ½ R while hitching L knee 3:00

7&8 Step LF forward, Step RF next to LF, Step LF forward 3:00

[49-56] Toe Press, Ball, Step, Twist, Twist, Coaster Step, ½ Ducking Turn w/ Kick

1-2&	Press R toe forward.	Recover weight to LF.	Ball RF next to LF 3:00
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3&4 Step LF slightly forward, Twist both heels out L, Twist both heels back to center 3:00

5&6 Step LF back, Step RF next to LF, Step LF forward 3:00

7-8 Step RF while turning ½ L and ducking down, Bounce back up while kicking L leg forward

and falling backward (towards 3:00) 9:00

[57-64] Triple Step Back, Back Rock Step, 1+1/4 Skates

1&2	Step LF back, S	Step RF next to LF,	Step LF back 9:00

3-4 Rock RF back, Recover weight to LF 9:00

5-6 Step RF forward w/ ¼ turn L, Step LF back w/ ¼ turn L 3:00 7-8 Step RF forward w/ ¼ turn L, Step LF back w/ ½ turn L 6:00

End of Dance (EoD) Note: Finish dance with first 5 counts of phrase C, stomping RF forward on final count (5) while posing in your best river dance pose!

Tag – 4 Counts – Occurs 32 Counts into first sequence of C (starts facing 6:00)

[1-4] 1/2 Monterey Turn w/ Cross

1-2 Point R toe to R side, Turn ½ R and step together 12:00

3-4 Point L toe to L side, Cross LF over RF 12:00 After tag, restart dance at beginning of phrase A (Chassé R).

Last Update: 20 Jun 2025