

1-4-U

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Cindy Truelove (AUS)
音樂: Ghost Riders In The Sky - Australia's Tornadoes



KICK, KICK, SHUFFLE, KICK-BALL-CHANGE, SYNCOPATED SIDE TOUCHES

- 1 Kick right forward
- 2 Kick right forward
- 3&4 Shuffle forward stepping right, left, right
- 5&6 Kick left forward, quickly step ball of left to left side, step on right in place
- &7 Quickly step left to center, point/touch right to right side
- &8 Quickly step right to center, point/touch left to left side

¼ TURN LEFT, SHUFFLE FORWARD, SCOOT AND HEEL TAPS, TURN ¼ RIGHT

- 9&10 Turn ¼ left and shuffle forward stepping left, right, left
- 11&12 Scuff right forward, lift right knee scooting forward on left, step forward on right (knees bent)
- 13-15 With knees bent and right hand on right thigh, tap right heel on floor 4 times
- 16 Lift right and turn ¼ right (facing front)

RIGHT SIDE SHUFFLES WITH ROCK STEP & PIVOT TURNS

- 17&18 Step right to side, slide left beside right, step right to side
- 19&20 Step left back, rock forward on right in place
- 21 Step left forward
- 22 Turn ½ right (weight on right)
- 23 Step left forward
- 24 Turn ½ right (weight on right)

LEFT SIDE SHUFFLES WITH ROCK STEP & PIVOT TURNS

- 25&26 Step left to side, slide right beside left, step left to side
- 27 Step right back
- 28 Rock forward on left in place
- 29 Step right forward
- 30 Turn ½ left (weight on left)
- 31 Step right forward
- 32 Turn ½ left (weight on left)

ANGLED STEP-SLIDES RIGHT, PIVOT TURN

- 33& Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 34& Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 35& Step right forward at 45 degrees, slide left behind so that instep is at back of right heel
- 36 Step right forward at 45 degrees
- 37 Step left forward at 45 degrees right
- 38 Turn ½ right (weight on right)
- 39&40 Left shuffle forward stepping left, right, left (still at 45° angle)

ROCK STEP FORWARD, THEN BACK

- 41 Rock forward on right
- 42 Rock on left in place
- 43 Rock back on right
- 44 Rock on left in place

ANGLED STEP-SLIDES LEFT, PIVOT TURN

- 45& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 46& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 47& Step left forward at 45 degrees, slide right behind so that instep is at back of left heel
- 48 Step left forward at 45 degrees
- 49 Step right forward at 45 degrees left
- 50 Turn ½ left (weight on left)
- 51&52 Right shuffle forward stepping right, left, right (still at 45 degrees)

1/8 PIVOT TURN RIGHT, ¼ PIVOT TURN RIGHT

- 53 Step left forward (into corner at 45 degrees)
- 54 Turn body 1/8 right to face side wall
- 55 Step left forward
- 56 Turn ¼ right to face opposite wall from start

REPEAT
