

Saddle Sore

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Back In the Saddle - Matraca Berg



1-4 Step right to right, step left behind right, step right to right, step left beside right
5-8 Step right to right, hold, step left beside right, hold

TURN RIGHT HEEL RIGHT AND LEFT HEEL LEFT (TOES POINT IN TOWARDS EACH OTHER)

10 Turn right toes right and left toes left (heels point in towards each other)

11 Turn right toes left and left toes right (toes point in towards each other)

12 Turn heels back together

13 Turn right heel right and left heel left

14 Hold

15 Turn heels back together

16 Hold

17-18 Rock/step forward on right, rock back on left

19-20 Step back on right, hook left over right

21-22 Rock/step forward on left, rock back on right

23-24 Step back on left, touch right beside left

25-26 Step forward on right towards right diagonal, stomp left beside right and clap hands

27-28 Step forward on left towards left diagonal, stomp right beside left and clap hands

29-30 Step forward on right towards right diagonal, stomp left beside right and clap hands

31-32 Step forward on left towards left diagonal, stomp right beside left and clap hands

33-36 Rock/step right to right, rock/return weight to left, step right across left, hold

37-40 Rock/step left to left, rock/return weight to right, step left across right, hold

41&42 Shuffle to the right (right, left, right) making ¼ turn left (shuffle back)

43-44-45&46 Rock back on left, rock forward on right, shuffle forward left, right, left

47-48 Step forward on right, pivot ¼ left transferring weight to left

49-52 Strut forward right, left

53-56 Step right to right diagonal, step left to left diagonal, step right, left back to center (v step)

57-60 Strut forward right, left

61-64 Step right to right diagonal, step left to left diagonal, step right, left back to center (v step)

REPEAT

RESTART

On the 1st, 3rd and 5th walls at count 60. Every time you face the back wall you leave the last 4 steps off