

Saddle Up

拍數: 64 牆數: 4 級數: Advanced
編舞者: Barry Harp
音樂: Save a Horse (Ride a Cowboy) - Big & Rich



ROLL RIGHT, ROLL LEFT, TAP, TAP, & SCOOT, & SCOOT

- 1-2 Roll right knee to the right from left to right (9 to 3) stepping weight on right
- 3-4 Roll left knee to the left from right to left (3 to 9) (now in saddle position, weight centered)(facing 12:00)
- 5-6 Tap both heels twice on floor
- &7 Small step forward on right, small step forward on left (feet even, in saddle position)
- &8 Repeat (keeping in the saddle position)

TOUCH RIGHT & LEFT, & TURN & TURN, KICK STEP UP, KICK STEP UP

- 1&2 Touch right heel forward to right corner, step right in place, touch left heel forward to left corner
- &3-4 Step left in place, touch right toe forward turning ¼ left, touch right toe forward turning ¼ left (facing 6:00, weight on left)
- 5&6 Kick right foot forward, step right next to left, step forward on left
- 7&8 Kick right foot forward, step right next to left, step forward on left

SCUFF STEP OUT, TWIST & TURN, & SHUFFLE TURN, ROCK TURN STEP

- 1&2 Scuff right foot forward, step right foot to right, step left foot to left (shoulder width apart)
- 3&4 Twist both heels to the right, twist both heels to the left, turn ¼ turn left stepping back on right foot
- &5&6 Lifting left foot off floor turn ½ to the left, shuffle forward left right left (now facing 9:00)
- 7&8 Step forward on right, turn ½ to the left stepping on left, step forward on right (now facing 3:00)

SCUFF HOP TURN, SAILOR STEP, STEP TOUCH, HOP OUT CROSS OUT

- 1&2 Scuff left foot forward, hop forward on right, turn ½ to the right stepping back on left (facing 9:00)
- 3&4 Step right behind left, step left next to right, step right to right
- 5-6 Step forward on left, step right next to left
- 7&8 Hop both feet apart to sides, hop crossing right in front of left, hop both feet apart (shoulder width)

SCOOT RIGHT & RIGHT & RIGHT & RIGHT, SCOOT LEFT & LEFT & LEFT & LEFT

- 1&2& Small step right on right, small step right on left, small step right on right, small step right on left
- 3&4 Small step right on right, small step right on left, small step right on right
- 5&6& Small step left on left, small step left on right, small step left on left, small step left on right
- 7&8 Small step left on left, small step left on right, small step left on left (weight ending on left)

KICK, KICK, TURN AROUND, SHUFFLE UP, STEP TURN

- 1-2 Kick right foot forward to right corner, kick right foot forward to left corner
- 3-4 Swing right foot to the right (1 whole turn)
- 5&6 Step forward on right, step left together, step forward on right
- 7-8 Step forward on left, turn ½ to the right stepping on right

STEP LOCK STEP, STEP LOCK STEP, HEEL BACK TOUCH, HEEL BACK TOUCH

- 1&2 Step left forward to left corner, step right cross behind left, step left forward to left corner

- 3&4 Step right forward to right corner, step left cross behind right, step right forward to right corner
5&6 Touch left heel forward, step back on left foot, touch right toe back
7&8 Touch right heel forward, step back on right foot, touch left toe back

PADDLE TURN ½ RIGHT, TAP - TAP - TAP - TAP

- 1-4 Paddle left toe to the right ½ turn to the right (pivoting on right foot) (feet should be shoulder width apart) (saddle position)
5-8 Tap left heel 4 times transferring weight to left foot (feet should be shoulder width apart) (saddle position)

REPEAT
