

拍數: 32 編數: Intermediate/Advanced

編舞者: Henry Costa (USA) 音樂: Riding Alone - Rednex



This dance is dedicated to Debra Van Metre a close friend who's been like a sister to me. Thanks for your support! This dance is for you

### FORWARD, FORWARD, ½ PIVOT, ¼ TURN, CROSS FRONT, SIDE STEP, TOUCH

1-2 Right step forward, left step forward

3-4 Right step forward, stepping forward with left (weight on ball of left when stepping down

switching to full weight on left after pivot on left is completed) then ½ pivot right with left (now facing opposite wall - weight on left) right foot now with point in front of left - use partial weight bearing on right ball of foot if needed for balance (all of the following takes place on

count 4)

5-6 Sweep right ¼ turn step forward (¼ turn to right - lift left heel as ¼ turn to right is executed -

now facing side wall - weight now on right), cross left in front of right

7-8 Step side right, left touch next to right

### 1/4 LEFT FORWARD, FORWARD, FORWARD, 1/2 PIVOT, 1/4 TURN, CROSS FRONT, SIDE STEP, TOUCH

1-2 ½ turn left stepping left forward, right step forward

3-4 Left step forward, stepping forward with right (weight on ball of right when stepping down

switching to full weight on right after pivot on right is completed) then ½ pivot left with right (now facing opposite wall weight on right) left foot now with point in front right - use partial weight bearing on left ball of foot if need for balance (all the following takes place on count 4)

5-6 Sweep left ¼ turn step forward (¼ turn to left - lift right heel as ¼ turn to left is executed - now

facing side wall - weight now on left), cross right in front of left

7-8 Step side left, right touch next to left

## 1/4 TURN RIGHT, 1/4 TURN RIGHT, 1/2 TURN RIGHT, LEFT TOE TOUCH NEXT TO RIGHT, 1/4 TURN LEFT, 1/2 TURN LEFT, RIGHT TOE TOUCH NEXT TO LEFT

1-2 ½ turn right (with right foot facing side wall), ¼ turn right (with left foot swinging around

stepping down on left, weight on left)

3-4 ½ turn right (with right foot swinging around back to left, stepping down right, weight on right),

left toe touch next to right

5-6 ½ turn left (with left foot facing side wall), ¼ turn left (with right foot swinging around stepping

down on right, weight now on right)

7-8 ½ turn left (with left foot swinging around back to right, stepping down on left, weight on left),

right toe touch next to left

# (¼ RIGHT TURN FORWARD TO START) RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE, FORWARD, ½ PIVOT, RIGHT KICK BALL CHANGE

1&2 ½ turn right stepping forward with right, left close next to right, right step forward

3&4 Left step forward, right close next to left, left step forward

5-6 Right step forward, ½ pivot left

7&8 Right kick forward, step down on ball of right, weight change to left

#### **REPEAT**